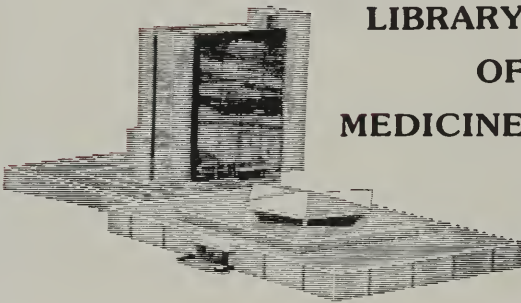


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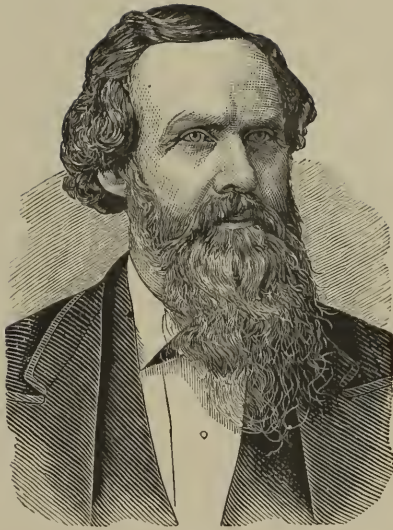


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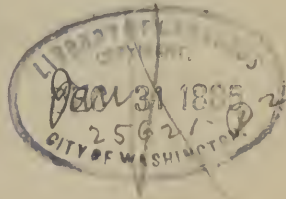
THE
FEMALE
MEDICAL COUNSELOR,

BEING A

DOMESTIC TREATMENT ON THE DISEASES OF
FEMALES AND CHILDREN.

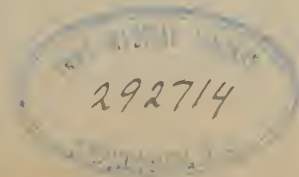
BY DR. E. WOODRUFF,
BOTANIC PHYSICIAN.

SETTING FORTH, IN PLAIN TERMS, DISEASES PECULIAR
TO FEMALES AND CHILDREN, WITH THEIR VARIOUS
REMEDIES, VALUABLE INSTRUCTIONS,
MEDICAL RECIPES, ETC., ETC.



SAN FRANCISCO:
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1885.

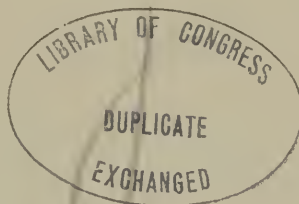


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INTRODUCTION.

No subject was ever brought before the pen of an author, fraught with more obstacles to hinder its free discharge of duty to the reader, than this one. That sacred mantle of false delicacy which has ever enshrouded it still hangs about the mind of every mother, sister, and daughter of our land. It stands like a wall of fire to repel the kindest efforts of every author to produce to their understanding that light and knowledge which they all so much need, and which would, were it not for that, flow into their minds, to bless and relieve them of many sorrows which now fling their saddening pall over their disconsolate brows.

You whose very life and happiness, both of present and future generations, depend upon a knowledge of the laws that God has planted in your beings; you who are about to stamp your image upon future generations; you who should hold yourself responsible for its effects upon them—will you allow me, in the name of a brother who loves your best interest and has the kindest regards for your well-being, to address you in plain, unmistakable language upon this most important subject both to you and to the world at large?

There is no greater crying sin in the land than your ignorance upon this subject. It lays the foundation of most if not all of the sin and misery of the suffering millions of our race, from the fact that it lays the foundation and construction of our natures, and consequently our every action and thought depends upon the circumstances and conditions which were thrown around our conception, birth, and early education.

Hence, a willful ignorance, or an ignorance caused by neglect or a false delicacy, is the greatest sin that a mother can commit, as the happiness or misery of unborn nations depends upon the impression that she stamps upon them. And that impression depends upon the health and harmonious development of her physical and mental structure, and to her strict observance of all of nature's laws. And how can she live in harmony with these laws if she does not understand them—while in her ignorance she is continually violating them from day to day, and in turn is continually receiving from nature, as a penalty, the stripes upon her own back?

For several years past the author of this has made it his especial business to treat old chronic diseases of females in the States of Michigan, Indiana, Illinois, and Missouri, and throughout his entire practice has found that nine tenths of the chronic diseases of females has been caused by a want of their knowing themselves, or understanding the diseases of their own peculiar systems, which ignorance has been the primary cause of their various diseases.

Most authors are aware of this fact, and have taken up their pens to enlighten the sufferers. But on account of the peculiarity of the subject, and the great delicacy which they have been obliged to meet for fear of giving offense, and the many embarrassments thrown around the subject, they have been almost compelled to make their work so lengthy in order to properly set forth their ideas that they have necessarily increased the size and consequently the price of their works, far beyond the reach of the common people.

The great need has been for a work which would give the main information upon the subject, that it might have a more general circulation, and be placed in every cottage in our land. It is to this end that the author now undertakes this most difficult task, being well aware of the extreme delicacy that some have upon this subject.

Many have been brought up through the prime of life almost totally ignorant of every law of their own being, and they have been strenuously kept in ignorance of the grossest kind by their mothers, and they in turn have done the same

thing with their daughters, while both have been stumbling and suffering all through life with untold misery; while if they could have thrown off this mask of false delicacy while their very lives were at stake, and could have learned even a few of the many laws governing their natures, they might have saved themselves much suffering, as well as the happiness and life of many of their children.

Another great cause of ignorance is, that physicians are very careful, as a general thing, not to instruct their female patients on this subject, well knowing that it would have a great tendency to lessen their yearly bills, a large share of which is caused by this very ignorance on the part of their female patients. And I am sorry to say that very many of them spurn the mention of a cheap publication on this subject for the common people, well knowing the effect it will eventually have upon their practice. Hence I expect to be met by them as my worst enemies, in this my feeble effort to relieve the distress of the suffering millions of humanity.

Therefore I hope my dear sisters will bear with me if, in my effort at brevity upon this delicate subject, I should say anything which might shock their modesty, remembering that it is for you, and you alone, that I suffer myself to become, at some extent at least, a martyr to the cause of suffering humanity.

Where is there a mother in our land who cannot look back upon her past life of suffering and say, If I had then known what I now know, how much happier I could have been at this time! How many mothers can look back upon their past life, and as they recount the many scenes of sorrow, they drop a tear to witness their regret and anguish, while they notice an empty chair at the table, or a lately vacated cradle, or a deformed son or daughter who stands as a solemn monitor of past ignorance of the violated laws of their own being! Dear mothers, sisters, daughters, you all know this is too true; you will therefore pardon brevity and my plain language while I attempt to put into your hands some valuable knowledge, that all, however poor, may be able to purchase and be benefited by it. Nothing would

give the author more pleasure than to see every woman in our land her own doctor. It is a knowledge that she can and should obtain. Still you will not expect of me in this short space to give all the knowledge which she should have, and the necessary instructions for such an undertaking. But let her only once commence the work, and begin to get some confidence in herself, and the object will soon be accomplished, by thoroughly perusing other and larger works, which will soon fit her, not only to be her own physician, but to go out into the world in the power and strength of her might, and recapture the reins of medical government which have been stealthily taken from her by the designing hands of man. It is for you to regain this power, if you will, and you have only to make one combined effort to accomplish it; you do not know how easily it may be done if you only commence right. You are the ones to whom this medical duty rightly belongs. And if our mothers could be as well paid for the same amount of service as our brothers are, they would soon be reinstated to those duties which nature has so wisely prepared them for, and which man has cunningly taken from them; and now, after having all the power in his own hands to control the matter, he says to the female nurse: You be the vigilant watcher over my patient; you take all the care of his every want upon your sympathizing mind; you set up all night and day and administer the medicines that I deal out; you nurse and bless his thirsty soul from hour to hour; you rack your mind and body to prepare some proper diet for his wasting and emaciated body—you do all these, and a thousand more by way of little comforts, and if you are ever found faithful and trusty to all of these, you shall be entitled to from eight to twelve shillings per week for doing it, while I will charge the same amount for one hour's labor. And if through your good nursing the patient gets well, I shall be called a skillful physician for your pains.

Now, mothers, is not this true to the letter? You all know that it is. Then why will not some of you arise in your dignity to a sense of your duty; strive for knowledge, and let the future tell upon your efforts?

When I think upon the injustice done to females upon this subject, nothing but the circumscribed limits of this small work can subdue the vent that otherwise I would give to my pen in their behalf.

Now, mothers, sisters, and daughters, need I say more in this my introduction to you, in this work of benevolence? or would you compel me to go on, and enumerate and picture forth all the horrors, misery, and suffering which you know already to exist in the land among your sex, before you allow me to proceed to the duty which I owe to you and to the world at large, for the benefit of suffering humanity.

I think if you have been one of the unfortunate sufferers that you will not object. And I feel assured that the most of your sex will say, Go on; give us the facts in plain English language, that we may all understand, and not becloud our thoughts with medical terms understood only by the medical faculty; and when we apply to them for a solution, we only receive twice as many more, equally blind, as an explanation to the former, or be laughed at for our inquisitiveness for prying into matters which they claim belong only to themselves.

I shall no doubt give you many teachings which will come in direct contact with your former views, as well as with the teachings of most of your physicians, in whom you have placed so much confidence. Still I ask you to candidly weigh each course in your own minds, and then follow that which the best applies itself to your own reason and judgment, remembering that you stand or fall for yourself. You should be led by your own reason, let who will say to the contrary. Blind authority may compel, but reason leadeth to light, liberty, and the pursuit of happiness.

It may be well for me here to say that I recommend to you as your chief remedies roots, barks, herbs, and gums, etc., in their gross state, and not those which have been highly refined by a chemical process: 1. Because they are the most safe in your hands to use, and you are not as liable to give an overdose; 2. Because they are much more in harmony with the human body and its component parts; 3. Because more than nine times out of ten the extracts are adulterated

so as to spoil their natural action ; 4. Because they are apt to produce an over-action upon the peculiar part with which they come in contact, hence a reaction must follow.

The human body is made up from the materials found in the mineral, vegetable, and animal kingdoms ; hence if we become out of balance in any of these, we should, as a general rule, select our remedies from the medium—one of the three ; for a combination of these goes to form the fourth in the construction of man ; and by applying them in their gross state we shall get enough of the mineral from them to supply the wants of the human body, without skipping over the two kingdoms the nearest in harmony with our own, and taking remedies the most remote and inharmonious to our bodies. This class of remedies not being so near in affinity with our bodies, and being highly refined, and their strength greatly concentrated to a small mass, having all the grosser qualities taken out, they act too quickly and too powerfully upon the nervous system to harmonize with the working of nature ; hence their evil effects. While, on the contrary, by using those common and simple remedies which nature has ever furnished so bountifully and so near at hand, and by giving them in their gross state, with all of their various virtues combined by nature in them, both gross and fine, they act much more harmoniously upon the system than those so highly refined and concentrated. If you was to build a fire in the stove, you would first put on shavings, then small kindling-wood, then that which is heavier ; then by the use of a match you would ignite the shavings, and the fire would progress slowly, yet surely, from one degree of substance to another, until all was in a good blaze, fit for the use for which it was designed. But our allopath doctors would say, Nay, but let us use gunpowder, as that goes off with power, and all can witness its effect immediately. All this is true ; but are you not aware that the sudden effect which it will produce would scatter the wood apart, and rend the stove asunder ? We are all well aware of the good, nutritious, and harmonious effects of wheat and corn upon our bodies, giving them health and strength in a proper manner ; but just distill that grain, and throw out all the gross

qualities, and save only the most fine and spirited particles, and then you will see quite another effect upon the system. It will fly to one's head, and cause him to overact for a time, and after its effects are passed, he will sink as much below his natural standard as he was stimulated above it. From this you may get my idea of the action of medicine upon the body. In order to get a good and harmonious effect, it must act slowly and gently, yet surely, just as nature always does.

There is a great variety of medical practitioners before the world ; each one, as a general thing, is very zealous in his own peculiar tenets or manner of practice; yet I can say that all have done a great deal of good in their time. Each one was the very best which they could produce at their stage of medical development and standpoint of observation. Not sufficiently surveying the whole field of nature, and the science which was manifested in its laws, they did the best they could from their limited understanding of the real principles and action of medicine upon the human system. Still, none of them are without their errors; and as they progress from one standpoint to another in understanding the laws of natural science, they from time to time advance new ideas and manner of practice. All must be tested by observation and reason, and people will receive them just in proportion to their development to do so, and they cannot any faster. In the past century there have been several great reforms in medicine, each one branching off upon his own peculiar hobby, and demanding all the world to ride that hobby, on all occasions and for all purposes. No doubt that hobby was a very good one in its own peculiar place, but not fit for everything. A score of these reformers now stand before my mind's eye ; I am willing to hear them all, for all have some very good and truthful ideas which are new ; and out of all I can gather from the medical lights before the world, I propose to condense the best I can gather from them all, and arrange it in a form and under a simple system that you can understand, after putting it through the crucible of my own reason ; for I claim for myself some peculiar powers which they do not possess, yet I

do not design to make it a hobby for any one to ride, except they can see it from my standpoint of observation.

Nature has wisely lavished her remedies all around us, and we have only to put forth our hand and make a wise use of them to become whole, and go on our way rejoicing.

Again, let me remind the reader that to do the most good I must be brief and pointed in this work. It is my design to benefit the young, for they contribute a large class of those who are our present and those who soon will be the future mothers to our nation. It is to the rising generation that I expect to do the most good by this feeble effort to bless them. Those who have been reared under former instructions, who are now well past the meridian of life, with their minds still strongly impressed with former ignorance and false delicacy—I shall not expect them to relish this plain and outspoken sentiment on this peculiar and all-delicate subject. And would that I could stop here and do my own conscience justice, but I cannot. I must say that of all the spheres of life there is none so shamefully abused with false delicacy as this. Why should a female be to blame for being a female? and why should she be to blame for having various diseases in or about the female organs, or connected therewith? or why should she blush, or hesitate to freely make those diseases known to a male or female physician? It is a false delicacy which prevents her, for anything which is necessary should not be considered delicate; none but animal and ignorant minds will so consider it. But by yielding to a false delicacy, she, like a locomotive, is switched off upon the wrong track, and is thrown down a precipice of eternal ruin. And this is not all: she imparts the same disease and its effects upon her offspring, and thus helps to fill the world with ruin and decay. Now, who is to blame for all this effect? (May the Lord help me now to tell the truth, right to your face!) It was you, mothers. In your overzeal to bring your daughters up virtuous, you have overshot your mark, and have kept them so profoundly ignorant of themselves and the laws of their own being, fearing that in their weakness they might make a bad use of this knowledge, that they have now stum-

bled in their ignorance, and have really fallen into tenfold more error than your over-caution intended to keep them out of. Now, if you really want to put the devil into your girls, just keep them ignorant of themselves, and almost by force keep them away from the opposite sex : always act as if you were afraid to trust them alone with them; always watch them and mistrust mischief of some kind—and my word for it, if you do not have all you can attend to soon, it will be because they have got no back brain in them. But if you will allow that youthful curiosity to become somewhat gratified in some proper manner, you will soon find them able to stand upon their own dignity, and able to repel all insinuations of an uncouth character.

Now, mothers, the most of you know that this is true, and I trust you will not blame me for telling you this fact, and striving in a proper manner to assist you to instruct your daughters upon this subject, that they may see this fault, and not commit the same upon their own daughters in turn.

Now, if you agree with me in these assertions, the question arises, What shall be done to avoid these impending evils upon the rising generation? First, I think you will agree with me that all, or almost all, of the many evils and diseases which afflict the female portion of our race grow out, in some way or other, from their ignorance of their own structure, and the laws of their own being, which have been in some way violated by a want of a thorough knowledge of them and their simple remedies. This point being acknowledged, then, we have only to set about the work to instruct them in all the various diseases peculiar to their own sex, and we remedy the evil at once. For none of them could hardly be expected to sin against light and knowledge, against their own person. But, say some mothers, whose superstition outweighs their reason on these points, I do not think it safe for my girls to know too much about these delicate matters until they arrive at riper years, and are better prepared for these things. Well, now, mother, this is just what's the matter! It is just where the trouble lies. It is just the cause of all the evils of which we have been speaking. It is your fears of their knowing

too much about it that has kept them in such profound ignorance, until it was woefully too late to remedy the evil; and in your own fears you have gone to the other extreme, and left them in utter darkness on the subject. But light giveth understanding, and reason guideth wisely.

Now, the question may arise, How old should girls be to know all about this subject? I say from ten to twelve years old; and if you have brought them up right, they will make a good use of all the knowledge they can get on this subject, and if you have not, then the matter rests between you and them; and I, nor my manner of teaching, is not to stand responsible for your neglect. Besides, your daughters are much older in all these things than their unsuspecting mothers are aware of. If you disbelieve this, you should be a good physician, and treat all manner of female diseases, until you get the strictest confidence of all the females, young and old, and you would soon get your eyes open to all manner of their proceedings. At any rate, you can read my chapter on masturbation in this book, and you will get a text to part of these matters.

It is well known that in many climates, and with peculiar organizations, daughters arrive at womanhood at the early age of from eight to twelve years, and in but very few cases should pass the age of fourteen years. And before they arrive at this important and critical stage of life they should be well posted in all the symptoms preceding that stage of life, and to know for themselves how to provide against all the prevailing evils which attend them, that they may properly bud and blossom into womanhood, with all that health and vigor which is so extremely necessary to be properly prepared to become mothers to the next generation.

It has been my privilege to give proper instructions to my three daughters at the above age, in all that appertains to their physical structure, and the change which they might expect, and how to prepare for it. And I have the satisfaction of knowing that it was not done too young for their good.

In proceeding, then, with this work, I shall endeavor to

touch only upon the most important points to be observed in the diseases of women. I shall endeavor to confine myself strictly to the simplest and plainest language, that all may understand, and only use the Latin or medical terms where it is necessary for your instruction, and in such cases I shall endeavor to explain them at the time, so that you all may get the full force of my ideas, and as far as possible avoid the course usually taken by medical authors to clothe their ideas with language and technical terms understood only by those well versed in the study of the profession. Hence, in trying to instruct the unlearned, they waste their effort, and the reader becomes mystified, and by this means their writings, which otherwise would be very interesting, now become dull, and not being understood, they are cast aside as incomprehensible, and thus their efforts are lost.

If by my taking the opposite course I can make the subject interesting and instructive, and be the humble means of throwing some light and knowledge into the minds of the mothers and daughters of our land, that they may be the better prepared to be their own medical counselors, and shun the various ills which beset their pathway on every hand, in all stages of life, I shall then have accomplished the desire of

YOUR HUMBLE AUTHOR.



CHAPTER I.

OUTLINES OF ANATOMY AND PHYSIOLOGY ;

—OR,—

MECHANISM OF THE HUMAN BODY.

The Vital Organs: their Office, and the Natural Flow of the Vital Currents and Wastes of the System, and the Consequence of Any Disturbance or Obstruction in the Natural Escape of the Same from the System.

ANATOMY explains the nature and mechanism of the human body, while physiology explains the actions and uses of the different functions. A knowledge of the system is interesting, as a branch of natural philosophy, and in some measure is useful in the practice of medicine; but too much dependence is laid upon it. Many assert that it is the foundation of the healing art, which is an egregious error, since its greatest use teaches us how to live in such a manner as to avoid the use of medicine. When disease becomes seated, the most minute knowledge of the system will do but very little in enabling us to remove it. All our skill, then, resolves itself into this maxim: Such a medicine cures such a pain. I treated complaints quite as successfully before I studied anatomy as afterwards; indeed, it is almost proverbial that a great anatomist is a poor practitioner, being very liable to be misled by it.

A good general knowledge of the human system is desir-

able; and this can be acquired without those disgusting and revolting scenes which are exhibited in the lecture and dissecting rooms of our medical colleges. Plates, wax preparations, etc., are sufficient.

The "illustrious Chisselden," a great anatomist, remarks: "For all practical purposes, anatomy needs not many lectures, descriptions, nor minute dissections. What is most worth knowing is soonest learned and least the subject of dispute; while dividing and describing the parts, more than the knowledge of their use requires, perplexes the learned and makes the science dry and difficult."

Let us have a reformation on this subject as well as in the practice of medicine.

In treating on anatomy and physiology, I shall be under the necessity of being very brief, fearing I shall transcend the prescribed limits of this small work, intended only for giving woman a brief treatment of herself in the shortest, most natural and easy manner possible.

THE BONES.

The skeleton is the framework of the body, or that part which supports the rest and gives its firmness. It may be compared to the frame of a ship: the spine or backbone represents the keel, and the ribs the beams of the ship, which support the other parts. The skeleton is divided into three parts—head, trunk, and extremities. The number of bones are 241, which make the body so flexible. They are of all shapes and sizes, and are composed of earth and lime, and are held together by means of gelatine, a kind of glue. The hollow construction of the bones renders them less liable to be broken. They are covered by a dense membrane, called *periosteum*.

The bones of an infant before birth are cartilaginous; in children, soft and yielding, which prevents their injury. The manner in which bones are formed is very curious. The blood and milk contain the materials for the formation of bone. The first mark of bone-structure is an artery or blood-

vessel running into the center of the jelly in which the bone is to be formed. This artery deposits particles of bony matter, and a speck is first formed, and by a slow accession of new matter the bone is made; while another set of vessels carries away the jelly. Bones are liable to become diseased, as in *necrosis*, rickets, white-swellings, etc.

To prevent friction, the ends of the bones are supplied with cartilage, something like india-rubber, from which issues a substance called *sinovial fluid*, which keeps the parts soft and causes them to move easily.

LIGAMENTS are tough substances which inclose and keep the joints together.

Bones are supplied with arteries, veins, absorbent vessels, and nerves.

There are twenty-four ribs, twelve on each side.

TENDONS are short, strong cords fastened to the end of muscles, and then to the end of bones.

Bones do not become perfectly hard before puberty.

The PELVIS is that bony, dish-like cavity or basin at the lower part of the body which connects the spine, hips, and thighs together, containing the *uterus*, or womb, abdomen, and rectum, or lower bowel.

The office of the pelvis is to give a steady bearing to the trunk, and to connect it with the lower extremities by a sure and firm joining; to form the center of all the great motions of the body; to contain the internal organs of generation, the urinary bladder, the rectum, and occasionally a part of the small intestines, and to give support to the gravid or impregnated uterus.

THE MUSCLES.

The muscles are that part called flesh, and such as is used for food. There are over five hundred belonging to the system, most of which are in pairs. They consist of minute threads or fibers, and are covered with sheaths to protect one from the other. They are fastened to the end of the bones by tendons, and are designed to move them in obedience to the

will; also to move the fluids through the intestines and blood-vessels, sustain the body and organs, to lengthen and shorten or compress parts, as the eye, tongue, arms, legs, etc. How many hundred different positions can the body be thrown into by means of these muscles or levers merely by willing it, as the letters of the alphabet will cause different syllables and sentences; so, for example, throw your head back, forward, to the right or left, or your finger, arm, leg, etc. How amazing the contemplation! Other muscles are involuntary, which perform their office independent of the will; as those of respiration, the heart, etc. Muscles are supplied with veins, arteries, lymphatics, and nerves.

How exceedingly complicated is the mechanism of our bodies! What a multitude of tubes, valves, cords, threads, and bones—all harmonizing perfectly in their action, and answering a determinate end! How calculated to excite our astonishment and lead us to fall down in profound adoration before the great, mighty, and glorious Architect, and to cry with the apostle, "Great and marvelous are thy works, Lord God Almighty!"

There are over two hundred bones, most admirably articulated one with another; and to move them, there are attached more than *four hundred* muscles or cords, so systematically, carefully, and beautifully arranged and applied to the levers that the object is perfectly accomplished without the least derangement, and at the same time symmetry of form is secured.

MEMBRANES.

These are delicate webs that line the cavities of the bodies and inclose all the organs.

SEROUS MEMBRANE.—This membrane covers and protects the various organs; as the chest, bowels, lungs, etc. It is constantly supplied with serum, or water.

MUCOUS MEMBRANE.—This membrane lines all the organs and internal parts, the nose, mouth, throat, windpipe, lungs, bladder, stomach, intestines, etc. It has a pale-purple

color in health, but red when inflamed, as may be seen by looking into the throat when it is inflamed. It is this which secretes mucus, or slime, in coughs and bowel complaints.

CELLULAR MEMBRANE.—This is made up of numerous little cells, which are everywhere interposed between the skin and the muscles. These are supplied with a watery vapor, and their obstruction causes dropsy.

THE VISCERA, OR INTERNAL ORGANS.

I.—THE BRAIN.

The brain is divided into two principal parts, one called cerebrum, the other cerebellum, or in other words, the great and little brain.

Above the level of the ears all the upper portion of the skull is occupied by the cerebrum, the seat of intellect; below that level, in the lower and back part of the head, is the cerebellum, or little brain, separated by a membrane. The brain is also divided into lobes, and entirely covered externally with a membrane called *dura mater*, to protect it. Next is the *pia mater*, which is an immense band or thin net of blood-vessels which ramify through the brain and supply it with blood. The brain is so soft that unless it were secured by a membrane it would fall to pieces of its own weight.

The brain is the seat of perception or knowledge. A certain portion of the brain may be referred to as the intellectual faculties, another to the moral sentiments, and a third to the animal propensities.

The brain in its natural state completely fills the cavity of the skull. The form which it presents is that of a spheroid elongated at the upper part, narrower at the front than behind. In the brain we observe a superior and anterior mass,

called the hemispheres, and an inferior and posterior portion, not so large, called the cerebellum. The two hemispheres, one on the right side and the other on the left, are separated longitudinally and deeply by the falx, or the *dura mater*. Each hemisphere is divided into three portions, which are named lobes. The anterior lobe rests on the vaults of the orbits, and is separated from the middle lobe by a deep furrow. The middle lobe is scarcely separated from the posterior; the latter is situated partly in the internal temporal *fossæ* of the skull, and partly on the tentorium of the cerebellum.

On all the surfaces of the hemispheres we perceive convolutions, larger or smaller, and more or less projecting. They are separated from each other by winding furrows, called anfractuosities, into which the *pia mater* descends; while the other two membranes, the arachnoid coat and the *dura mater*, pass directly over the convolutions, and envelop the whole brain.

II.—THE EYE.

Several thin pieces of bone form the cavity or socket of the eye, which is shaped much like a pear with its large end turned outward. The eye is a ball, or bag, which contains a clear, thick liquid, something similar to the white of an egg. The coats of the eye answer to the brass tubes in a spy-glass; one is fitted within the other like a nest of boxes. There are three principal ones; the external coat is called conjunctiva, the outside of the eye is called the sclerotic coat, which is a thin, white membrane; it is strong, firm, and dense as leather; we call it "white of the eye." There is an opening in the center, where the cornea is set; it is placed here much like the crystal of a watch, and is clear and transparent. The cornea is very hard and firm. Beneath the cornea is the choroid coat, which is the medium of the blood-vessels. Beneath this is the *pigmentum nigrum*, called black paint, which it resembles, and can be easily washed off. Next is the iris, being the conoid circle which surrounds the pupil of the eye, and hung before the crystalline lens. The iris divides the liquids or humors into two parts: the one before the iris is

called the aqueous, or watery humor, and the back part of the iris is the vitreous, or glassy humor.

The crystalline lens is a small body, convex on both sides, transparent, but more dense, and lies directly back of the iris, and swims, as it were, in the liquid or humor.

Lastly, the optic nerve is expanded on the back part of the eye, and this expansion forms a membrane called the retina. On this all objects or images are formed, a perception of which is transmitted to the brain and mind. The rays of light pass through the cornea, aqueous humor, crystalline lens, and vitreous humor, and then fall on the retina.

The eye may be compared to a camera obscura, which means a dark chamber with one small hole to let in the rays of light, connected with a glass cut like the crystal of a watch, and thus gives a perfect picture of objects, with the exact color.

Thus the light enters the little clear window in front, called the "sight" of the eye. The white around it does not permit the light to enter anywhere else, and of course the inside is a dark chamber, except as it receives that little light which passes to the back side of the hollow ball, and there forms a perfect little picture of everything toward which the eye is turned.

It is smaller than you can well imagine, when you consider how perfectly every object must be represented there. Look at the page of a newspaper and consider that every letter and point is minutely drawn upon a surface not so large as a five-cent piece of silver. Look at the carpet, or walk forth and look at nature's carpet in the fields, and remember that every figure, every blade of grass, and every flower are all drawn on that little spot, and you will admire the wisdom of Him who has so wonderfully furnished this beautiful little instrument. The back part of the eye is filled with glassy and watery substances, as already mentioned, which are so contrived as to reduce the image of objects to the necessary smallness while the shape and color are perfectly preserved.

Our sight is the most perfect and delightful of all our senses; it fills the mind with the largest variety of ideas, converses

with objects at the greatest distance, and continues the longest in action without being tired or satiated with its proper enjoyments. The sense of feeling can, indeed, give us a notion of extension, shape, and all other ideas that enter at the eye, except color; but at the same time, it is very much straitened and confined in the operations to the number, bulk, and distance of its particular object. Our sight seems designed to supply all these defects, and may be considered as a most delicate and diffusive kind of touch, that spreads itself over a most infinite number of bodies, comprehends the largest figures, and brings into our reach some of the most remote parts of the universe. It is this sense which furnishes the imagination with its ideas; so that by the pleasure of the imagination or fancy (which I shall use promiscuously), I mean such as arise from visible objects, either when we have them actually in our view, or when we call up their ideas into our minds by paintings, statues, or descriptions. What would all the world be to us without eyes? and who can so well judge of their value as those who have once enjoyed them, and are now deprived of that happy illumination to the mind? Your humble author lost one of his at the age of nineteen, and since has worn a glass one in its place, and can form some faint conception of their value. Be grateful, then, to the Giver, and show mercy to the blind, wherever you meet them.

III.—THE LUNGS.

Was there ever a more wonderful piece of mechanism than the lungs and heart? The lungs are a delicate, sponge-like substance, composed of innumerable air-cells. The membrane which composes these cells is much more delicate than gauze. They are situated in the chest, by means of which we breathe. The lung in the right cavity of the chest is divided into three lobes; that in the left, into two. They hang in the chest attached by their superior part, by means of the trachea, or windpipe; and also attached to the heart by means of the pulmonary vessels. The substance of the lungs is of four kinds, viz., *vesicular*, *vascular*, *bronchial*, and *parenchymatous*.

The vesicular substance is composed of air-cells. The vascular invests those cells like a network. The bronchial is formed by the ramifications of the bronchia throughout the lungs, having the air-cells at their extremities; and the spongy substance that connects these parts is termed the *parenchyma*. The lungs are covered with a fine membrane, a reflection of the pleura, called *pleura pulmonalis*. The windpipe divides into two lateral branches, and forms itself into the bronchial tubes. The internal surface of the air-cells is covered with a very fine, delicate, and sensitive membrane, which is continued from the larynx through the trachea and bronchial tubes. The arteries of the lungs carry blood to the lungs for their nourishment; and the pulmonary arteries circulate the blood through the air-cells to undergo a certain change. The pulmonary veins return the blood that has undergone this change to the heart. The lungs, then, may be compared to a bellows, which expands with every inspiration by inhaling the air, and collapses with every exhalation by forcing the air from it. It is owing, then, to the constant motion of these organs that they become more difficult to heal than other organs.

The air breathed undergoes a great change in the lungs; they throw off carbonic acid gas, which is very deleterious, and absorb oxygen or the vital part which changes the venous, or black, into arterial, or floral blood, and at the same time receives vital heat or electricity.

The surface of the air-cells is said to be equal to the surface of the whole body, which shows what a volume of air is inhaled at every breath, and the effect of good or bad air on the health. It is computed that the lungs destroy a gallon of air per minute. The air breathed is returned loaded with watery vapor, which is calculated to amount to nearly twenty ounces per day.

IV.—THE HEART.

The heart is an organ situated in the left cavity of the chest, resting on the diaphragm, or midriff, left of the sternum, or breast-bone, between the fifth and sixth ribs. It is con-

tained in a strong membranous sac, termed the *pericardium*, which serves in its proper situation. It is divided into four cavities, termed the *auricles* and *ventricles*. It continually contracts and dilates, and at each pulsation throws the blood to every part of the body with amazing velocity. The number of its contractions in a single day is computed to be one hundred thousand.

It has been said by various eminent writers that man casts off his entire body every seven years; that he is ever taking on matter from every meal which he takes into his stomach; that this matter becomes part and parcel of his flesh and bones, etc.; and that he is in like ratio wasting these particles, or those which have gone through with a development in his system and have served the purpose for which they were designed; that they become matured and pass off by insensible perspiration, and otherwise. To all this theory I would assent, but would shorten the time to from one day to three years, according to the peculiar class of matter taken into the system, and the health and activity of the body. That this is the case, none will deny in the main, as all know that some spirited particles will pass off in a few hours. It will also be observed that the skin is much the largest conductor from the system. This is an admitted fact by all who have given the subject the least investigation, and one which may be easily demonstrated by weighing all the aliment which is taken into the stomach for any given period, and then weighing the discharges by the urine and stool; and you will find that from two thirds to three fourths of the above weight is missing; also, laying your dry hand upon a looking-glass for a moment, upon removing it you will observe the shape of the same upon the glass, formed by the insensible perspiration making its escape through the innumerable pores of the skin. This waste is being continually supplied, from day to day, from the food that we take into our stomachs, which, after passing through the process of digestion, is taken up by the absorbents and carried into the blood, and is thus distributed throughout the whole system. The whole blood at any given period amounts to from three to

four gallons to each individual, on an average, with adults. This makes one entire circuit through the whole system in from three and a half to four and a half minutes usually. In this manner, then, you will readily see that the arteries and veins are the great distributing canals, which should give to each particle a "free pass" to any and every part of the entire body to which it may be in affinity or attracted (as I shall hereinafter explain under the head of *animalcula*). These canals also convey off the used-up particles from the system by carrying them to the surface, where the arteries branch out into a thousand small vessels, called the capillaries, which form so thick a mass under the skin that you cannot insert the point of a pin without rupturing some of them. From these capillaries, the wastes of the system make their escape into the pores of the skin; at the bottom of each of these there is a little bladder, or sac, which acts as a reservoir to receive the same, to be discharged through the pores of the skin as may best be accomplished according to circumstances of the atmosphere from without and the action of the system from within, and the amount of oil in the skin, to keep the pores in a proper working condition, that no obstruction may occur. But by various causes this oil becomes deficient in the skin, and the pores close up and stick together and stop this essential discharge from the system through the skin; hence this gross matter is obliged to make, or attempt to make, its escape from the system through some of the internal organs; and not being peculiarly formed to secrete this class of matter, they are overtaxed and irritated, which produces pain, disease, and local or general confusion in the natural working of the healthy economy of the system; which I claim is the first cause of all, or nearly all, of the diseases of the human system; but of this I shall speak more at length in another part of this work.

The blood is driven from the arteries through these capillary vessels into the veins, by the beating of the heart. The veins are formed by a great number of these capillaries forming into one small vein, and these in turn form larger ones; and thus the veins are formed which carry the blood back through the right side of the heart.

Plato, in speaking of the heart, remarks: It is the center or pivot of the blood-vessels, the spring or fountain of the blood, which is carried impetuously around. The blood is the pabulum or food of the flesh, and is for the purpose of nourishment. The body is laid out in canals, like those which are drawn through a garden, that the blood may be conveyed, as from a fountain, to every part of the body or great human garden. The heart contracts and throws the blood into the lungs, to be vitalized from the lungs; it is then carried back into the left side of the heart; the heart again contracts and throws this renovated blood into the arteries; by these it is carried all over the body to nourish it. After it has thus circulated all over the body and through the capillaries, it returns by the veins to the right side of the heart, where it is poured into the heart and mixed with the chyle, which is a fresh supply of nourishment, of a milky color; first taken up by the absorbents from the stomach, it is again sent to the lungs to become vitalized, where it receives its color, and again goes the rounds.

Thus the human body is nourished from day to day; and thus the brain is supplied with the most refined particles from the blood, which develop through the glands to the several lobes of brain, according to their peculiar character or affinity, and in this manner produce mind as their ultimate. How very important, then, that we furnish proper food for the body, and keep the body in a perfect state of health; for, as the body is made up from the food, so is the mind from the body; and our characters depend very much on the food we eat. Almost every reader is aware that to feed a dog upon animal flesh alone, he soon becomes much more fierce than when fed upon a different kind of food. This all should be aware of, that to eat animal flesh rarely cooked, it will soon give strength and force to the propelling powers, and will soon give predominance to the animal organs and muscles. And to all those who are deficient in this respect, it is well to do so, to regain that force which they need to balance them; but to those who have already a predominance of the animal over the moral and intellectual, it would be better to

lay aside all such stimulants, or as much so as their circumstances will possibly admit of, that they may become balanced in mind and body, and thus form a harmonious unity with the physical, mental, moral, and spiritual, that they may be able to make their own heaven within; for harmony is heaven. And when we are perfectly balanced in all of these, we enjoy the highest conception of health, and are prepared to and shall enjoy all the happiness that a mortal can while here in this rudimental sphere. And inasmuch as we are out of balance in any of these, we are distorted into unhappiness, pain, and disease, according to where and on what plane they are out of a true balance. But as all the higher spheres of happiness are more or less dependent on the lower, or physical, it should be our first work to properly understand and cultivate the physical to a proper equilibrium, or perfect state of health, that all the higher faculties of the soul may not suffer in consequence, as is too often the case, causing a life of pain, gloom, and misery in all the various channels of life. And to remedy this, we must commence at the beginning—the physical. And after we have redeemed ourselves and come up to a proper standard of harmony, we are then—and only then—properly prepared to stamp our impressions upon the next generation. A misdirection in this respect is the great cause of all the unhappiness, misery, and suffering which pollutes a sin-stricken world.

V.—THE STOMACH.

The stomach is a membranous muscular sac, a greater portion of which is situated in the left portion of the abdomen, mostly in the diaphragm under the ribs. It reaches toward the right side, a little beyond the “pit of the stomach,” as it is termed. It resembles in shape the Scotch bagpipe. The place where the food enters is called the *cardiac* orifice, and the outlet is called the *pyloric*, which closes and prevents the entrance of improper articles into the intestines or bowels. It is supplied with numerous glands, blood-vessels, and

nerves. It has three coats: the external is called the peritoneal, the second is the muscular, and the third and inner coat is the mucous or bilious, which contains numerous absorbing and exhaling vessels, which secrete the fluids in digestion. The sympathy of the stomach with other organs renders it one of the most important parts of the body; it is the great center of sympathy. The great sympathetic nerve leads from the brain to the stomach, which affects so many contiguous portions of the system when it is disordered. The stomach and liver are the two great sources or reservoirs for disease, as fevers, indigestion, bowel complaints, etc. It is owing to this connection with neighboring parts that the majority of medicines have first been applied to the stomach, which benefit by their sympathetic action. It is the great lever which physicians have formerly used to roll off disease; but if they will only learn the simple fact that the first cause of all diseases originates by a stoppage of the skin, and will use some simple means to first obviate that obstruction, then their efforts upon or by the stomach will prove much more availing; as I have already shown conclusively that the skin is the main outlet to the system, and if we wish to drive out that great enemy, disease, we should first open the main door for his escape, before we throw too many clubs at him internally, among the tender and delicate fibers of the system, where, I am sorry to say, they have done more harm than the disease would have done if left to itself, as nature has its own peculiar way and channels to discharge these intruders, and but very little of the effort made by the would-be wise doctors heretofore has really proved an assistant to nature.

GASTRIC JUICE.—When food is taken into the stomach, the exhalent arteries secrete a fluid called gastric juice, which acts upon the food, and reduces it to a pulpy mass. Of its nature and qualities but very little is known.

Professor Silliman, in a lecture, stated that the gastric juice, which is the great agent of digestion, would pour into the stomach when any food or other substance was placed there. This juice, he said, was easily taken from the stomach; he had a bottle of it. The liquid was, at the time, apparently

as pure as it was ten years ago; it had the peculiar property of self-preservation, or of resisting putrefaction. It would, if warmed to blood-heat, dissolve meat in a wine-glass. He said he had never come to any satisfactory conclusion as to its character from his attempts to analyze it; and he had sent a portion of it to one of the most learned and skillful chemists of Europe, but he was able to throw but very little light upon the subject. But Professor Silliman said he did know that it had no affinity with alcohol, and that they were in their natures and attributes totally diverse, and possessed counteracting qualities.

VI.—THE INTESTINES.

By the intestines is meant the whole of the alimentary canal below the stomach. They are divided into small and large. The small are subdivided into the *duodenum*, the *jejunum*, and the *ileum*; the large into the *cæcum*, the *colon*, and the *rectum*. They are coiled up or lie in folds in the abdomen, and extend about thirty feet in length. How can all this extent be cleansed of morbid matter? By “pukes” and “injections.” The coats of them are similar to those of the stomach.

The muscular coats contain longitudinal and circular fibers, which, by their contraction and relaxation, produce the vermicular or peristaltic motion, compared to the creeping of a worm. These serve to propel the contents of the intestines out of the body. The small intestines assist in the preparation of the chyle, and propel their contents toward the great intestines.

The proper use of the intestines is to serve: 1. For the performance of chylication; 2. For the absorption of the nutritive chyle; and 3. As a reservoir for the indigestible residuc of the food, and an outlet for both it and the effete matter which requires to be thrown out of the general system.

The intestine, or intestinal canal, begins at the *pyloric* orifice of the stomach, and, after many windings and turnings, called convolutions (from the Latin word *cōnvolutus*, rolled or

folded together), terminates in the rectum, or straight gut, at the external orifice, called the anus. Although continuous throughout its whole extent, the intestinal tube is, nevertheless, divided by anatomists into six portions, to each of which a different name is assigned. The distinction between some of these is more nominal than real, but it still continues to be made on account of its convenience.

VII.—THE LIVER.

The liver is an organ of a deep red color, and is the largest in the body. It is situated in the right side, under the ribs. The left lobe extends considerably toward the left side, over the stomach, which produces pain in this part when the liver is diseased. The upper surface of the liver is convex, or rounding, and smooth, while the lower is concave, or hollowing, and uneven. It is divided into two principal lobes.

The liver is thick and massy on one side and thin on the other. It is supplied with blood-vessels, nerves, and absorbents. Its office is to prepare and secrete the bile. It serves, also, as a filter to the blood, to separate all impurities from it, or to refine it. We should learn, then, how indispensably necessary to the health is the proper performance of this organ. If diseased, it cannot purify the blood, which, if sent to the lungs, brain, and other parts in a morbid condition, may cause jaundice, consumption, insanity, nervous affections, etc.; and by withholding the natural stimulus to the intestines, cause dyspepsia, costiveness, piles, and other complaints.

GALL-BLADDER.—This is attached to the under side of the liver. It is shaped like a shot-pouch, and contains between one and two ounces of gall, which is deposited by the liver. A long, slender pipe extends from it to the first intestine, into which it pours the bile, a few inches below the pyloric orifice; the use of which is to stimulate the intestines and separate the chyle from the excrements.

BILIARY DUCTS.—The bile is secreted by the liver, and carried by a great number of small pipes to the hepatic duct,

which unites with the cystic, and forms the common duct, and conveys the bile into the intestines. One comes from the liver and one from the gall-bladder.

BILE.—This fluid is secreted by the liver, and is commonly called “gall.” It is of a yellowish green color, of a soapy compound or nature, very bitter, and of a peculiar smell. It is composed of water, albumen, soda, phosphate of lime, common salt, phosphate of soda, lime, and other peculiar substances. It seems to separate the nutritious part of the food from the coarser and useless, and at the same time keeps up the motion of the bowels, and prevents costiveness.

SPLEEN.—It is of a red color, something like the liver, broad as the palm of the hand, and one or two inches thick. It is in contact with the stomach on the left side. Its use at present is not well understood. (It is said by clairvoyants to secrete a fluid which lubricates the nerves.)

PANCREAS, called “sweetbread.” It is a glandular body, of a pale red color, like the tongue of a dog, eight or ten inches long. It lies behind the stomach, directly across the spine. It secretes a fluid that is carried into the intestine, and aids digestion.

The pancreatic duct enters into the *duodenum*, along with the biliary duct, so that the two fluids meet at the entrance which takes place at the first curvature of the intestine, at the distance of about one third of its whole length from the stomach.

The bile and pancreatic juice, thus poured out together, are both requisite for the formation of chyle, and apparently modify the action of each other, forming a compound peculiarly adapted to assist in digestion.

VIII.—THE KIDNEYS.

One of these glands is placed on each side in the loins near the spine, a little above the hips. Their office is to secrete the urine from the blood, which is effected by innumerable little tubes, and is then conveyed down to the bladder by two tubes called *ureters*, which pierce it obliquely, and thus pre-

vent its return when full or distended. Now when this organ is weak, and unable to perform its office, the gravel or stone is formed. This organ is composed of three substances: a cortical, which is external and very vascular; a tubulosa, which consists of small tubes; and a papillous substance, which is the innermost. The kidneys are generally surrounded with more or less adipose membrane, which is closely accreted to the cortical substance.

BLADDER.—This is a membranous bag situated in the lower part of the abdomen anteriorly or in front, and is a receptacle for the urine received from the kidneys by the *ureters*, which passes off from the bladder by the urethra, which is a small tube about one and a half inches in length, to convey the urine out into the penis of the male, and the vulva or external orifice of the female.

UTERUS OR WOMB.—This is an organ about the size and shape of a common pear, with the small end down, and is situated between the bladder and rectum, which receives and discharges the catamenial fluid every twenty-eight days in the healthy menstrual stage of life, which is generally from the age of fifteen to forty or forty-five, and sometimes to fifty except when impregnated; and when in this enlarged state it often produces piles in the rectum, and irritation in the bladder, causing scalding and frequent discharges of the urine, and sometimes a total suppression or stoppage.

The womb is suspended and kept in its place by means of ligaments, but by various causes these ligaments become weakened and relaxed, which causes it to drop down, producing a bearing-down sensation, with pain in the loins and lower extremities, or where the ligaments become relaxed only on one side and not on the other, it causes a retroversion or turning over of the organ, which throws the body of the organ down with its neck up, destroying all pleasure in and even causing pain during sexual indulgence, also producing barrenness.

The womb itself, in its healthy and natural state, is about two inches and a half long and one inch and a half broad, weighing a little more than an ounce. It is lined with a mere rudimentary mucous membrane. The neck of the womb has

a cavity, distinct from that of the body of the organ, and is lined with a mucous membrane well supplied with follicles, or glands.

It hangs suspended in the lower part of the abdomen by ligaments, and in a healthy state it should be fully one finger's length from the external orifice or front passage, to the neck or bottom of the womb, or uterus. But I am sorry to say that out of over one thousand personal examinations which I have made of females, at all ages, I find eight out of every ten more or less in a state of *prolapsus*, or falling of the womb, which is a weak, relaxed state of the ligaments that should support it, and keep it up at least one finger's length, or more, from the external orifice, but which, sad to relate, are relaxed, and in more than one third of the cases examined, the organ is down as low as the pelvic bones will allow it to come, and in several cases I found the neck so much relaxed as to cause the orifice or mouth of the womb to open and allow the body of the organ to fall through more or less and in some cases to come clear out in full view, which is a dangerous condition, if the inflammation is not speedily reduced and the organ replaced and kept in its place by means of a sponge inserted, saturated with a solution of some powerful astringent.

In this organ the fetus, or infant, is formed, by a proper representation of living *animalcula* from each individual organ of the brain from both of the parents, deposited there from the semen of the male, and the same of the female in the shape of an egg which leaves one of the ovaries, and passing up through the catamenial vessel, it breaks and discharges into the uterus or womb, where it meets the semen of the male, and if the parts are sufficiently charged with animal magnetism or heat to make the conditions proper, at the union of the two they commence to procreate their own peculiar kind, and there represent the different organs of the brain in order as they form upon the upper surface of the womb. And if by chance any one organ of the brain is not there represented, the organization is defective, and all will pass off in a few days. But if all the various organs of the brain are

properly represented in a harmonious union with those of the opposite sex, the formation will go on, which at first is so small that it can hardly be seen with the naked eye. Here it grows, progressing quite slowly at first, as far as may appear to external vision. But who can fathom the unbounded wisdom of those little creators (*animalcula*) who there lay out and construct the human organization, which far excels all mechanism ever witnessed in all the boundless universe of God's immensity? And how careful a mother should be of herself at that time, when the eternal destiny of a human being is being formed, to see that every peculiar want of the system and appetite is supplied, that all the requisite material demanded by her nature may be furnished to nourish and start that little germinal cherub aright! It is the holiest and most sacred duty that woman can perform, and yet, I am ashamed to confess, one which is the most neglected and least thought of. But here it has begun the germ of human existence under more or less favorable or unfavorable circumstances, it is being nourished by the blood derived from its mother, through the umbilical cord or navel string, attached to the uterus by means of the placenta, or after-birth, till in nine months the development in this peculiar sphere of its existence is finished and the womb contracts with great power and expels the infant out into its new-born state, where it may inflate the lungs with material atmosphere and draw its nourishment from its mother's breast. How wonderful is the wisdom which guides and controls this formation of the race! How precise in all its plans! How minute in its construction! How beautifully adapted in all its parts, and yet how little understood or investigated! How much abused and how little cared for by the over-fastidious and extremely delicate and ignorant mothers who are peopling the earth with a true likeness of their own deformity, in their physical, mental, and spiritual developments!

IX.—THE LACTEALS.

These are clear delicate vessels, which arise from the mucous coat of the small intestines, passing in their course

through small glands, and terminating in the thoracic duct. Their office is to absorb the milky fluid or chyle from the food, and to convey it from the intestines to the blood.

LYMPHATICS take up the fluid from different cavities and parts of the body and convey them into the circulation.

DIGESTION.

When the food is received into the stomach, it is there subjected to the action of a solvent fluid called the gastric or stomach juice, by which it is gradually converted into a soft, grayish, and pulpous mass called chyme, whence the process is called chymification, or chyme-making. The chyme, as fast as it is formed, is expelled by the contractile power of the stomach into the *duodenum* (from *duodenus*, consisting of twelve, because it is supposed to be about twelve inches long), or first portion of the intestines. It there meets with the bile from the liver and the pancreatic juice, which very much resembles the saliva from the pancreas or sweetbread.

By the action of these two fluids, the chyme is converted into two distinct portions—a milky-white fluid named chyle, and a thick yellow residue. This process is chylication, or chyle-making. The chyle is then sucked up by the absorbent vessels which extensively ramify the inner membrane or lining of the bowels, and sometimes named, from the white color of their contents, lacteals or milk-bearers (from *lac*, or milk). These lacteals ultimately converge into one trunk, named the thoracic duct or chest pipe (from its course lying through the thorax or chest), and terminate in the great vein under the clavicle or collar-bone, hence called subclavian vein, just before the latter reaches the right side of the heart; and there the chyle is poured into the general current of the venous blood.

But, although thus mingled with the blood, the chyle is not yet sufficiently capacitated for its duties in the system. To complete its preparation, it still requires to be exposed to the air during respiration. This is accordingly done by its passing through the lungs, along with the dark or venous blood,

which stands in need of the same change. In the course of this process, both the chyle and venous blood are afterwards distributed by the heart through the arteries to supply nourishment and support through every part of the body. Hence the change which takes place in the lungs is properly enough called sanguification, or blood-making.

The thick yellowish residue left in the *duodenum* after the separation of the chyle from the chyme is that portion of the food which affords no nourishment, and which, after traversing the whole length of the intestinal canal, and undergoing still further change, is thrown out of the body in the form of *feces* or excrement. But in this course its bulk is increased, and its appearance changed by the addition of much waste matter, which, having served its purpose in the system, is at last thrown out by the same channel.

THE ARTERIES.

Arteries are strong membranous tubes which arise from the heart by two trunks, and convey the blood, by their innumerable branches, to every part of the body. They have three coats. They terminate in the capillary vessels, which connect them with the veins. They are used to propel the blood to all parts of the body, where, after passing through the capillaries, it returns through the veins.

THE VEINS.

After the blood has been carried to every part of the system by the arteries, the latter terminate in small vessels, called capillaries, because they resemble hairs, being extremely small; in reality they are smaller than hairs. These form the intermediate link between the arteries and veins. The veins take their rise from these and carry the blood to the heart.

THE BLOOD

Is a red fluid of a saltish taste and a urinous smell, which circulates in the heart, arteries, and veins. It is the most im-

portant fluid in the body. It is the source of heat, and furnishes materials from which the parts of the body are made and supplied. Strength, health, and life depend upon it, and the loss of a small quantity often deranges the system. It stimulates the heart to contraction. In the arteries it is of a crimson color, and is changed in its passage through the lungs.

THE NERVES.

These are contractile bundles of white cords. The ends connect with the brain or spinal marrow, and thence expand over the whole body to receive impressions from external objects or to convey intelligence for muscular motion. Pairs of them issue out of each side of the spine, and thence to every part of the body; so that you cannot touch any part of the skin with the point of a pin without coming in contact with a nerve and a blood-vessel. The great sympathetic nerve is the most important of all. The main trunk of it communicates with all the spinal nerves and several of those of the brain. It presides over all the organs which are affected independently of the will. They are the telegraph wires of the system to convey to the brain all real or supposed attacks upon the body or its parts. The brain then orders the ganglion or will power in the muscles to contract the muscles, so as to produce any desired motion of the body that may be required to suit the occasion. It should be remembered that the brain is the negative pole of the system, and the feet the positive. The brain therefore produces all motion on the muscles by an attractive force, and not by a repellent one, as you can easily demonstrate by investigating any of the known motions of the body, all of which are caused by the muscles contracting or drawing towards the brain.

There is ever a vital current of nerve fluid running from the brain towards the feet, and a counter-current from the feet to the head. It is kept in motion by the positive and negative batteries of the system in a good state of health, in accordance with the general law of action and reaction as seen in all nature.

This is under control of the brain; still we are more or less unconscious of the fact, except only a few, who can control it in the form of animal magnetism, as it is termed, and throw it upon others so profusely as to surcharge their brain with their own magnetism; and thus control the actions of both mind and muscle, more or less perfect, according to the amount of control gained and their knowledge of using it.

The currents pervade the human body on the same general principle that electricity does the earth. It is this current over the earth which guides the magnetic needle in its passage from each pole of the earth to the equator or center, where they meet and repel the gross particles from the earth as far as the positive conditions of the earth will permit, where they are formed into a belt or circle of matter around the globe, thought by some to be the matter of which smaller planets are first formed around their given center or sun.

THE SKIN.

The skin is a smooth, delicate, external membrane which lines the whole body and forms a most beautiful covering. It is the last stroke of the Great Artist, which gives the finishing touch and makes the form divine. It is very superficial, and without it, or if removed, the most disgusting or revolting spectacle would be presented; hence it is said that "beauty is only skin-deep."

First is the scarf skin, being the exterior part, insensible and rough. It is this which is raised in blisters and is constantly wearing off, and as often renewed. The next to this is a very thin layer of paste, called *rete mucosum*, and on this depends the color. In the African this membrane or paste is jet black, in the Indian copper color, in the Spanish yellow, and in our race white, which is ridiculed in Africa as being pale and homely; they consider their color the standard of beauty. What will education not do! Then, as this coat makes the difference of color in the human family, it should not form the criterion of moral character or worth; but it should be merit or demerit; or in other words, virtue. The

third and last coat is the true skin, which is thicker than the others, and lies next to the muscles. It is freely supplied with blood-vessels and nerves. The color of this membrane, the true skin, is very nearly the same in all races of men, being as white in the negro as in the European.

The skin is the most important function in the animal economy. Two thirds to three fourths of all the fluid and aliment taken into the system should pass off by or through the skin. It has an infinite number of pores, which are designed to carry off extraneous and hurtful fluids from the blood; and hence when they are obstructed, many diseases follow. It is the chief if not the only cause of all disease; by a knowledge of which we may learn the true remedy, viz., to restore its secretion and eliminate the poison by the use of such oils, bathing, and friction as will restore it to its original standard of health and activity.

At the bottom of each of these innumerable pores there is a little bladder or sac, which acts as a reservoir to receive the wasted particles of the system, in store, at such times as the skin may for the time being be closed against a too cold or negative atmosphere, and not in a condition to open the pores and throw off. But as the conditions change, then these pores again open, when these bladders or sacs, at the bottom of the pores freely discharge their contents, and are ready to assist and protect the skin again when a similar circumstance may occur; in this way they act as a balance-wheel to nature, so that at all hours the impurities may be thrown out of the blood, that it may return to the heart pure, and ready to receive another load to carry to the surface, to discharge through the skin. And in a perfect state of health, and when the body is not overtaxed with labor or exposed to undue action from the atmosphere, this machinery of the human organism works to a charm, and performs its office work perfectly; but if exposed to an unnatural atmosphere, or if the polarities of the system are by various means, for the time being, destroyed, as by getting the feet wet, cold, etc., also by bad or over diet, and various other causes, then nature fails to supply a sufficient quantity of oil in the skin to keep the pores in a

working condition, viz., after they are closed, not to stick so tight together, for want of oil, as not to be able to open again. In this state of the skin, nature cannot throw off the impurities which have been thrown up to the surface and filled these little bladders or sacs at the bottom of each pore ; and hence, as these particles cannot pass out through the pores, they are obliged to pass through the capillary vessels into the veins, and be carried back through the heart, and thus soon the blood becomes full of this gross matter, which then attempts to make its escape through the internal organs, which, not being properly constructed to secrete this class of matter, become overtaxed, irritated, and diseased, and in their effort to throw it off, nature summons all her efforts to the grand struggle against the common enemy to all the organs except the skin, and that is so overpressed as to cause still more heat and dryness, and is still less and less capable to perform its functions. Then the combined powers of the system are brought to bear upon the heart, it contracts rapidly, and labors hard to hurry the blood around, so as to find some escape for the positive or poison particles with which it is loaded, and which also irritate the nerves ; and in this manner a fever is produced, because the main outlet of the system is partially or totally stopped, and every struggle and effort of nature is to force off this matter through the skin, which from various reasons may have failed to secrete oil and keep the pores soft and open.

Now, what would common sense dictate, under these circumstances, in the absence of a learned medical quack ? It seems that almost any old lady around the country, if left alone to carry out the instincts of her own brain, under these circumstances, would at once wash and rub the surface from head to foot, with warm salaratus or soda water ; soak the feet at the same time, then rub the surface dry, and bathe the patient all over with oil of cream or beef marrow (either being just what nature requires in the skin, and perfectly adapted to the skin), then put the patient in bed, with a hot wet brick to his feet, and give strong catnip tea every five or ten minutes ; and in this way assist nature, by first cleansing

the skin with the alkali water, then get up a good glow of heat to the surface by the friction of a cloth, and while this is on bathe the patient all over from head to feet freely with a soft oil, which will soak right into the pores and open them in a few minutes.

At the same time the hot catnip or a similar sweating tea, taken internally, will assist nature to expel from the surface all the load with which it has been laboring; and in this simple manner a profuse sweat is produced in twenty or thirty minutes, and in two hours all the fever is gone, the excitement in the system is entirely abated, and the skin is soft, oily, and natural once more; and the great storm which was just threatening a hurricane has all subsided, and nature produces a rainbow of pleasure on the face of the patient, who will at this time be refreshing himself in a calm slumber, all because common sense has taken the place of learned ignorance as generally administered through the hands of a college quack, who generally administers something from his mineral store, which overacts on the nervous fiber of the system, and produces almost any other result than an assistant to nature.

It is owing to this physiological view of the skin I am led to take a similar course as above stated in all obstructions of the skin; always cleansing the stomach and bowels where they are much encumbered with bilious matter with some mild yet thorough cathartic, and with a very little other medicine as may be indicated by the symptoms and surrounding circumstances. All bilious attacks and obstructions of the skin may in one to three days be thrown off, according to the severity of the attack or the length of time elapsed.

THE TEMPERAMENTS.

There are four of these: 1. The *lymphatic*, in which there is easily seen a full, soft, and rounded form, and languid action; 2. The *sanguine*, in which there is a florid complexion, expanded chest, and general vivacity of disposition, showing the preponderance of the vascular system, known generally by the name of *plethoric* or full habit, the circula-

tion of the blood being very full and strong; 3. The *bilious*, in which the muscular system predominates, the body being remarkable for a compactness of fiber, indicative of strength and activity; 4. The *nervous*, in which there is a thin, sharp outline, irregular and vivacious activity, and great susceptibility of impressions, and which betoken the predominance of the nervous over all other functions.

REFLECTIONS.

Look at the mechanism of the human system—the brain, eye, lungs, heart, liver, and other organs, the circulation of the blood, the arteries, veins, nerves, and absorbents—in short, any part of the body. See how wonderfully—yea, how marvelously—it is made. It has been said that an undevout astronomer is mad. Should we not rather say, and with equal propriety, that an undevout anatomist is mad?

Contrasting the system above us with the anatomy of the human frame, we will grant to this lofty canopy a grander aspect in its amplitude and its sublimity. But in delicate symmetry, in exquisite adaptiveness of the minutest parts, and its perfect mechanism, what are stars and planets compared with this human form, so fearfully and wonderfully made! Man never beheld a more perfect piece of machinery, and one so perfectly adapted in all its parts and bearings; and yet how little it is cared for, and how readily it is sacrificed for a little gold, or its equivalent! Yes, that temple, reared for the indwelling of the Holy Ghost, in all its purity, is bartered off to the first bidder, for a mess of pottage to feed and gratify the animal demon of our back brain. How can the angels of heaven introduce the millennium on earth until man sets about the great work of reform: not by regeneration, but by learning how to generate aright in the first place? As a true reform for humanity, we must commence at the beginning—the core; for after the human structure is once started in error, and out of a true balance in the physical, mental, moral, and spiritual, all the preaching and religious rites and ceremonies, all the doctors, medicine, and nursing, will do but little at best to

bring him to that standard of purity and perfectness which he might have enjoyed if his parents had understood the laws of procreation, and obeyed them. And what is that splendid frame-work, studded, indeed, with glorious constellations, to the human eye that surveys it, that, through a pin's-head opening, can let into the mind this whole hemisphere, with its thousand worlds? And even the marvelous power of the eye in vision can hardly compare with the machinery of the human voice, that can make audible report to God of the adoration, awe, and gratitude that his works inspire, and that can discourse of the feelings of the soul in the sacredness of its affections and the fullness of its joys.

The divine skill and wisdom displayed in the construction of the body, and the arrangements of its parts, their wonderful adaptation, and their exact conformity to a clear and settled purpose, open to us the richest store of instruction. There is in this study a profound philosophy, which, while it often amazes, always elevates and expands the mind. The wisdom, shown in the adjustment of every muscle and nerve, and the articulation of every joint, overwhelms the conception of a finite intellect, and such results are by no means injurious. They serve to reduce the loftiness of human pride, and to agitate the mind of man in that direction, that he may seek after the wisdom of God in the formation of the human body, and so far as he may possibly be able to understand its construction and formation, that far he will be able to live and act in conformity to his laws, and do all in his power to start the next generation aright, that this glorious design of God, in the formation of our body, may not be thwarted, and man left to suffer a life of misery, on account of the sin or ignorance of his parents, in not obeying or carrying out the full plan of God's design in their formation.



CHAPTER II.

THE HUMAN SYSTEM COMPOSED OF ANIMALCULA.

In the former chapter I have endeavored to give you a brief sketch of anatomy, and a short description of the most prominent organs of the human body. I will now endeavor to enter into a brief detail of the minute particles which compose each and all of the organs and parts of the human body, according to my own view of the matter, regardless of what any and every other author may say upon the subject. I stand independent and alone.

No doubt my theory will be held up to ridicule by many of the wise ones, and I may be laughed to scorn behind my back; but let me here say to such, that I believe in a free platform. I therefore challenge any such wise ones to meet me in public discussion, and oppose this theory if they can or dare, and then leave it to our audience to decide who has the question. And until then their scorn will only prove their cowardice.

In the first place, I claim that God is all and in all; then, if God is all and in all, there is nothing beside him, and everything that is, is part and parcel of God. All means everything and everywhere. Wherever matter or substance is found, whether in the material or spiritual world, no matter on what plane of development, from the lowest to the highest, there we find God; for God is life, and wherever we find life we find matter; and *vice versa*, when we find matter we find

life. God is intelligence, love, and wisdom. He always works in harmony, as far as we understand his works. And his works comprehend everything that is. There is nothing in existence outside of his works. He is omniscient, omnipotent, omnipresent, all-wise; that is, he knows all that is known. And nothing can be found to exist outside of God, or this principle of living matter. He pervades all matter or substance, from the lowest to the highest. He is in and through all, everywhere, with life and intelligence to will and to do, of his own good pleasure.

This doctrine cannot be gainsaid by the Bible, nor by the churches generally, for it is the great foundation upon which all build. Now, life and intelligence pervade all matter, causing it to be attracted and organized into form, and after a proper development then to be repelled, or thrown off again and go into higher forms, that it may arrive at its destined ultimate, as seen through all the developments of nature. Thus, to support any given body, it in all cases takes up matter from a lower plane than itself, and particle by particle is then attracted on to form that body; at the same time some particles are being all the time thrown off, until that body grows, and arrives at its ultimate, when all the particles which then compose its material parts are thrown off more rapidly, and that body loses its form. Then, with all these facts before us, how can we object to or dispute the theory that all matter is living matter (*animalcula*), with God-given intelligence, according to its peculiar plane of development, in all the different planes of material or spiritual formation? From the lowest rocks up through all the formations, to the very angels in heaven, this same law exists where God exists.

Because you cannot see life in all formations, it does not follow that it does not exist there. You may take a single drop of pure spring water, and with the naked eye you cannot discover animal life there; but it exists nevertheless. And to demonstrate the fact, you have only to darken a room, all but one pane, and in that put a shingle with an inch hole bored through it, and stick a pin or a tack to the upper portion of the hole, and from that suspend that drop of pure

spring water, where bright rays of the sun will pierce through it; then catch those rays, at a proper distance, on a magnifying mirror, and reflect them upon a white, clean sheet hung upon the wall, and if properly arranged, it will appear there in a circle six inches across. In that, you may count six to ten living animals, in the form of crocodiles, serpents, etc., moving about, and still you will discover a dark mass left in other parts, which you cannot readily identify as living.

Now, have you discovered all the life there is in that single drop of water? Let us see. You now arrange the first glass so as to throw its rays upon the second glass, at a proper distance. Then from the second glass throw the reflection upon the wall as before, and you enlarge the circle on the sheet, to about two feet across, when, perhaps to your surprise, you will see the first-named animals appearing in bold relief, as monsters of the great deep. And that dark mass, which before you could not fully distinguish, now appears in the form of other monsters, a hundred in number perhaps, not so large as the former, but still claiming a possession there; and one with another is fighting and quarreling, one devouring another, the larger living upon the smaller, as in all other forms of life. But still you will discover a dark mass left in other portions of the circle, which you cannot identify as living matter. Then you throw the rays from the second glass upon the third glass, and thence upon the wall, and you will enlarge the circle to from three to six feet, according to the power of your glasses and the size of the room. In this you will see all the former *animalcula* still enlarged in like proportion, with an infinite number of others added to the former, and still you will discover yet a dark mass left, which has not been sufficiently magnified to bring out all the smaller *animalcula* which exists there, so as to fully show all the animal life in that single drop of pure spring water.

The above experiment is as far as I have ever been able to carry my investigations in that direction. But what does it teach? To me it is clear that, if magnified to a sufficient extent, it would show conclusively that every particle of that drop was composed of animal life. For where is the stopping-

place to more and still more life in that drop if you could only enlarge the lens so as to bring them all out? And what is true with water is true with all other liquids when you can get them in a position so as to fully test their composition. Now, let me here say, that you may not lose the chain of my philosophy or its application, that this human body is composed and made up of, and dependent upon, this element for its existence, to a great extent. And these ten thousand monsters in that one drop of pure spring water help to compose that refreshing draught which we all like so well, and which is so natural and necessary to sustain and feed our organization.

Again, who is there that does not know that vinegar possesses these *animalcula*, so large that they can generally be seen with the naked eye. Take a tumbler and fill it full of the best vinegar in warm weather, and let it sit on the table or in an open window. After standing a few minutes, you will notice a white scum around the edge, when by looking sharply toward the light you will see thousands of little white eels or snakes to all appearance, trying to crawl up the tumbler. They are about from one sixteenth to one fiftieth part of an inch in length. These little fellows, by their excessive growth and organization, produce that peculiar influence or taste upon the glands of the mouth which we call sour, and those of a contrary kind we call sweet; and so of all the different tastes, according to their peculiar kinds, structure, and influence upon the glands of the mouth; and inasmuch as *animalcula* are the substance of all liquids, as well as of solids, and one kind live upon another, then, by mixing the proper kinds together, one kind lives upon another kind, and in this manner develops a larger growth, which is manifest by their taste and properties, as in vinegar, cider, beer, wine, yeast, etc., by the so-called process of fermentation.

Another proof, which is obvious to all, is to let a barrel of rain-water stand in the warm sun a short time. Soon it is full of wigglers, as they are called. Now watch them, and in a few days, and as they develop to their next plane of existence, they will rise to the top of the water in the middle of

a still, warm day, inclosed in a dark skin or sac, and there float on the top of the water until they get dry, when the skin will crack open, which forms a sort of canoe for them to ride in until their wings get dry, when they rise and fly off, a well-formed mosquito, which then tries to make himself happy at the expense and annoyance of other and larger bodies with his poisonous bite, that he may feast upon the *animalcula* in their blood.

It is an established fact that the immense coral beds of the ocean are formed by *animalcula*, which build their habitations there with all the skill of a superior architect, upon which ships are dashed to pieces with great force. I have seen a reef of these coral rocks, near the West Indies, in the Atlantic Ocean, over sixty miles in length, and counted some ten or fifteen vessels lying upon them, a perfect wreck. To some it would seem a wonder that these little mites should produce such large results. Still, when we reason closely and logically, we cannot stop with the coral rock; but as we carry with unbiased reason our investigations with the microscope, we find there is no beginning, neither any ending, to the discoveries until they reach and include all material substances in the great expanded universe which meets our eye, either through the microscope or the telescope. In every and all directions, we learn more and still more of the great God of nature.

Petrified wood and other substances are caused by the *animalcula* which compose their various organizations gradually leaving their parent cells. As fast as they mature they pass off, and those of other kinds, which swarm in great numbers in the water in particular localities from the rocks and gritty substances, pass into the vacant cavity or cell, and there take up their abode, to go through with a long development. This change is gradually made. Still, in a short time the substance is nearly all, if not quite, composed of what we call fine grit. Still, the peculiar form of the wood is left. Hence, it is called wood turning into stone, or petrification. The variety and kind of these creatures which make up all matter vary in character and kind and length of life, according to the endless variety of matter in existence. Some require many ages to

develop and rise to a higher sphere of existence, while others only require an hour to go through with all the various routine of a life-time, and propagate their kind, and die of old age.

Very well, says the reader, this may all be so; but what has this to do with female diseases, upon which you propose to treat? Well, if you will have patience, and watch well the premises as I go along, I will eventually show you that it has much to do with all diseases; but you must first learn and understand the alphabet before you can understand or discourse upon the principles of rhetoric.

The sequel of this, when properly understood, solves all mysteries in the application of medicine to the human system for the removal of disease; at this bigots may laugh, but wise men will ponder and investigate.

It may be hard for some minds to conceive how one class of matter, substance, or thing can change to or become another matter, substance, or thing. In order to get some idea of the general law, we must press our investigations on that plane of matter the nearest our own, where we can demonstrate with the naked eye some of the various changes; then we shall be the better prepared to imagine how it may be done on the smaller but more extended scale of existence.

We are daily witnessing changes of various matter, yet we do not know the precise law by which it changes; but by applying our investigations to such things as we can see and understand, we shall then be much more able to understand and comprehend the philosophy of nature in her more mysterious unfoldings. Look, for instance, at the butterfly. It is finely and beautifully organized; but where and how does he come to that state of development? I can only account for a few of his last changes from one stage to another before he arrives to that gaudy costume which strikes the beholder with admiration. By my inquisitiveness into the business, or the whys and wherefores of the insect creation, I instituted an experiment once which, by accident as it were, caused me to raise up several hundred of these beautiful butterflies to a state of maturity, from several nests of eggs, which I found

on the under side of leaves in my garden early in the spring. I cut off the limb and stuck the end of it into a potato to keep it from withering, and put it into a glass case where I could watch their progress and discover, if possible, what they would finally amount to. In about ten days from the laying of the eggs—but by what I was not able to learn, as it was too early in the spring for them to have been laid by a butterfly—they hatched out into small caterpillars, which were fed with fresh leaves daily from the same kind of limb upon which they were hatched. In the course of about ten days they grew to their full size, being about one and a half or two inches long. One third of their body, in the center, was black, and the rest was red. When ten days old, they went to the top of the case, which was of wood, and attached their tails to the same by a short, strong web about one eighth of an inch in length; they then let their heads hang down, and their skin began to crack open on their heads, and by a swelling and drawing motion they slipped their skin up to the board to which they were attached, and by a twisting motion of the body it was thrown off, while their bodies, which were of a deep pea-green color, drew up in the form of a bird's egg and hung suspended by the short web. This would all be done in half an hour. There they hung for ten days longer, constantly turning to a darker color, until, at the end of ten days, they were black. At this time faint outlines of wings could be seen from without through their skin. Then the black skin cracked open at the bottom or head, and out dropped a wet butterfly, which in half an hour would get his wings stiff and dry, and would measure from two and a half to three inches from tip to tip. They were very beautiful, and of a black and red color, variegated with white and yellow. I raised various kinds in this manner; also millers and other kinds of insects, which I killed, and dried in proper shape, and put them up in pairs of the various kinds in a case, with a glass over them, and inclosed camphor gum to prevent moths from destroying them. I find they will retain their original beauty for years, and make a nice ornament to hang upon the wall in the parlor. All this affords many amusing

and instructive lessons when viewed under the microscope, as the insects pass through their various changes.

As I have before said in substance, all nature is made up of animal life, and is constantly changing from one plane or sphere of life to another. If this be a fact—which I verily believe—then how very important that we all should understand the general laws, at least, by and through which all this is accomplished, especially as far as it regards the human system, which is made up of the smallest possible mites, which are ever being taken on and thrown off in regular order in all healthy systems; and the mass, for the time being, constitutes our identity.

There are now from three to four hundred kinds of these parasites or mites which are acknowledged to have been discovered in the human blood within a few years. Whenever the lens is enlarged, or any new effort made to investigate the blood, new and wonderful discoveries are made in that direction. It is found that some have their home in one part, and some in another, of the human organism.

But all has not yet been discovered. This branch of science is yet quite in its infancy. It has only attracted the attention of a very few minds, and those few, like most others in all new branches of science, are afraid to speak out their honest convictions, fearing they may become a martyr in the cause of truth. But if this should be my lot for what I shall have to say, then be it so. I cannot sell my life for a more worthy cause.

All eruptive diseases are easily demonstrated to be the effect of these little creatures. The itch, for example, has for some time been acknowledged to be the effect of one kind of these *animalcula*, which have their home in the skin. They are about one hundredth part of an inch in length, with long bristles or spikes, projecting back from their bodies. They are a species of mite, known by the name of *acarus scabiei*. Its method of attack, when placed upon the skin, is as follows: the little fellow, like the squirrel and other ground animals, sets himself to making a hole through the scarf-skin with his head and forefeet. Into this he pushes his whole body. He

then begins to burrow himself in the *derma*, or true skin, making a channel many times his own length, at the end excavating a chamber where he sleeps, and whence he goes out to do his day's work at mining and boring for food. When tired of this apartment, he digs onward and scoops out another. In these apartments he propagates his kind, which become very numerous; and by being caught upon the nails, in scratching and otherwise, they are spread over the system, where, by their boring and turning, they cause a tickling or itching sensation; and from this circumstance the disease has taken the name of itch. But this itching is not painful. King James the first is said to have remarked that the itch is fit only for kings, so exquisite was the enjoyment of scratching. Probably it is a royal luxury. Be that as it may, most persons, I think, would consent to have it done by royal fingers.

Another disease, which is evidently, to my mind at least, caused by a swarm of these *animalcula*, or mites, which breed in the system, and result from a derangement in the secretory organs, and stoppage in the pores of the skin, is erysipelas. They generally make their appearance on the surface, in some particular spot, and from thence spread rapidly over the system. Like the army-worm over the farm, they devour all of certain parts which come in their way, causing inflammation of the parts, and great swelling and pain. A short time since I was called to visit a patient with this disease, by the name of Mrs. Philip Coon, living in the town of Walker, Kent county, Michigan, who had had a frog-felon in the center of her hand, where erysipelas soon set in. She was first treated for it two weeks by Dr. Shepherd of Grand Rapids, who could not stop its ravages. It gradually spread to above the wrist. She was then attended by Dr. H. G. Saunders of the same place for two weeks more, with the same result. It had then spread to the elbow. They were both of the old school, or allopath physicians. She was then attended two weeks by Dr. S. J. Carpenter of the same city, who was formerly an allopath but now claims to belong to the eclectic school, who, in common with the rest, gave her up at the

end of two weeks as past cure. At this time it had spread to the shoulder and across the back and breast. The arm was almost black, and twice its natural size. The skin was firm and glossy, and enlarged to the greatest possible extent, and the arm appeared to be literally full of these *animalcula*, which had eaten up the fiber of the arm, and in two places which I lanced appeared to be a mere mass of corruption. I found her in this awful condition, expected to survive but a short time; all hope of recovery had nearly fled, but by the influence of some of her neighbors, I was called to prescribe for her as a last resort. I must say that I was shocked at her awful condition. I stopped, and pondered in my mind the cause of all this. I saw from my standpoint of observation that she was being literally eaten up by *animalcula* of that peculiar species called erysipelas. I knew there were generally three ways to dislodge them: one was to call them out, another to drive them out, and the third to kill them in there. According to my general rule, I concluded to use the mildest means first, viz., to call them out. Now, the question arose in my mind, How can this best be accomplished? My plan was to bind on something which they would like to eat better than the flesh upon which they were then feeding, and which, to all appearance, was all devoured. I imagined various kinds of food for them to bind on, in the form of flesh, poultices, etc., to accomplish my object. I found that her husband had a calf three weeks old in the yard. I then explained my philosophy to him, on which I depended for a cure, which he appeared to understand, and he consented to slay the calf, to carry out my scheme. Thin slices of the fresh, warm veal were then bound on the arm and shoulder; and strange as it may appear, in less than one hour they stunk so that we were obliged to have them removed, and supplied with fresh slices. They were literally eaten up and putrid. The fresh slices lasted only one hour and a half before they suffered the same fate. They were fairly eaten up by the clouds of *animalcula* which were coaxed out of the arm for a fresh bite of the veal. In the course of the day, all of the veal was thus used up, and the result was so favorable that he procured another calf of

his neighbor, Mr. Solomon Wright, which was applied in like manner, and which lasted two days or more. At the end of three and a half or four days, all the putrid symptoms had left the arm and shoulder, and the bone, muscle, and loose skin were left there, minus of flesh, like the limb of a cherry tree with all its leaves eaten off by worms. I then applied a poultice, made of a tea from the leaves of ballad alder, or water bush, and lobelia, thickened with ground slippery-elm bark, and in ten days her arm and shoulder was as well as the other, and she was a cured woman.

I based this experiment upon the philosophy of the development of *animalcula* in the blood, which were not natural to the system, and were feasting upon the fibers of the system which gave them birth, and were to be coaxed out by some particular kind of food, which they would like better than the human flesh upon which they were then feeding. One principle, however absurd it may seem, is nevertheless true and should be understood by all, viz. : that every particle of food and drink which we take into our stomach is composed of living *animalcula*. The various juices of the stomach dissolve their organizations and separate them individually ; they are then taken up by the absorbents and carried to every part of the system by the arteries and veins ; some are used for food to the *animalcula* which are already there ; others go into a lately vacated cell and pass into a metamorphic state, or change from one form to another, like the caterpillar to the butterfly ; and when they become matured to a higher plane they become positive to the system, and are or should be expelled from the system through the pores of the skin and other channels. But if the pores are stopped up so that they cannot make their natural escape from the system, and are retained in the blood too long, they procreate their kind, which soon swarm in the blood and produce disease, according to the peculiar kinds and their irritation upon the internal organs ; some kinds produce disease upon the liver, kidneys, etc., and others upon the skin, glands, etc. By taking this view of the cause of disease, it soon becomes an easy matter to account for all the diseases of the human system,

especially eruptive diseases, like cancers, ulcers, necrosis, or decayed bone, small-pox, measles, scarlet fever, etc. ; and the manner of treating them soon becomes an easy matter. The natural remedies will suggest themselves to the mind of the physician who understands the medical properties of each root, bark, or herb ; and after knowing the peculiar character of the *animalcula* which compose them, and why and how they act upon the disease, he then knows which kind to put into the system to drive out or kill the intruders there which cause the disease ; as well as a farmer would know that to turn wolves into a flock of sheep they would soon destroy or clean them out, or that a cat would soon devour all the mice in her reach.

A cancer is formed by a retention of huge *animalcula* in the blood, which should have been taken up by the secretions and carried out of the system, but by their weakness they have failed to do so and have been allowed to breed in the blood ; and by being propagated there they become partly harmonized to the system, and do not like to leave, hence they are hard to remove. They commence to feast upon the glands of the same system which gave them birth. They generally congregate about the glands of the face, or female breast, or uterus, etc., where they cut up the gland faster than nature can supply matter to form it again ; in this way they eat out, or the cancer breaks, as it is termed.

Now, various remedies are applied to remove the disease ; yet very few ever accomplish the object designed, because the practitioner does not understand their peculiar character and habits, and just how to control them at will. In the first place, you should give strong alteratives, or those medicines which will shrink up and strengthen the secretive organs internally, that they may the more easily strain them out of the blood ; at the same time use the magnetic ointment all over the surface of the body, to soften and relax the skin, and open the pores, that they may also be thrown off there. And if the cancer has broken and is discharging, bind on such flesh or poultice as they like better than they do the gland upon which they are feeding, so as to attract them out—as I did on

the arm affected with crsipelas. But in no case should you use discutients, or those medicines which drive them back into the blood, when the cancer has broken, for at that late day the secretions cannot catch them all at that time as fast as they will breed in the system, but rather attract them out as far as possible. In this manner, I have been able to cure nine out of every ten; and I have been called to treat about fifty. But while in a state of tumor, before they break, the discutients will answer very well to scatter them and get up an action in the system; or in other words, set them roving through the blood until they are caught by some of the nets or strainers made for that purpose, called the secretory organs, which will convey them out of the system.

I find in my possession a slip which I have cut from some newspaper, and I think it was taken from the *Scientific American*, which is one among the many acknowledgments which are published lately bearing upon this subject. I will here quote it *verbatim*, that the reader may see that I am not entirely alone in my philosophy as regards the *animalcula* of the human system.

“SPONTANEOUS GENERATION OF ANIMAL LIFE. — The Hamilton (C. W.) *Times* is responsible for the following extraordinary statement:

“During last fall, Mr. Charles Motzer, a German citizen residing on Bay street, put up a large quantity of his favorite article of diet, known as sauerkraut, in the preparation of which he tested the efficacy of a receipt suggested to him by a friend. The experiment proved a failure, as the introduction of some description of alkali had the effect of reducing the cabbage into a mash and causing a strong fermentation, rendering the commodity entirely unfit for use as an article of diet. The mixture was left standing in the cellar undisturbed until Thursday last, when a curious circumstance led to an examination of the tubs in which it was deposited, resulting in a most wonderful discovery. On the day mentioned a cat emerged from the cellar into Mr. Motzer’s kitchen, having in custody a large reptile of the lizard species, which wriggled violently and seemed extremely tenacious of life. Mr. Mot-

zer at once proceeded to the cellar and found some dozen and more of the same description of reptiles, which were exceedingly lively, and sought to screen themselves under boards, etc., on the approach of a light.

“While prospecting about for the source of these strange creatures, the tubs in which the sauerkraut had been deposited were examined, and presented a sight truly startling. The substance had been transformed into a mass of life and animation, and the curious reptiles were observed in every stage of development. The smallest specimens were about two inches in length, and seemed to be acquiring the least degree of animation. Of these, the bodies were quite transparent, with a slight yellowish tinge, and about the consistency of jelly. Specimens in a more advanced stage assumed a pink hue, with bodies more opaque. The fully developed reptiles measured from six to eight, and even ten inches in length, with bodies hard and fleshy, of a brilliant crimson color. The back deepens into a black line from the head to the tip of the tail, while the belly is of a delicate pink, merging into white. The form of the reptile is said to be very similar to the chameleon, having four legs, with indications of claws, and its movements are very lively. The eyes are sharp and serpent-like, and surrounded with a yellowish ring merging into black. Several specimens have been secured by a medical gentleman and are preserved in spirits. A microscopic examination shows a fine coating of scales and serrated formation of the back and tail. Mr. Motzer still allows the tubs to remain undisturbed, and is watching the progress of the curious freak of nature, it being evident that the entire stock of the dainty commodity which was intended to supply his table through the winter will ultimately take to itself legs, if not wings, and travel off on its own account, in which action the kingdom of *reptalia* is augmented by another very interesting species, if the climate of Canada will permit its propagation.”

“INSECTS AND THEIR HUMAN PREY.—In Africa there is a worm called the Guinea worm, which buries itself in the flesh of man. It is long, slender, and round, like a fiddle-string; its length varies from six inches to twelve feet. The

British soldiers stationed at Bombay were frequently attacked by it; out of 360 men, 199 were attacked. When it introduces itself into the flesh it is a very minute parasite, not more than one hundred and sixtieth part of an inch in length, and exists on low muddy shores. This little intruder now grows immensely, and becomes the parent of a numerous offspring. It produces itching and a crawling sensation, and finally a boil forms, and when it breaks the head of the animal protrudes, which is then caught and gently extracted, care being taken not to break it, otherwise serious and even fatal effects are apt to follow. The extraction is very tedious work. The natives cut the skin when they are near the surface and then extract them. Medical writers describe no less than twenty varieties of parasites which infest the human system.

“It is a notorious fact that numerous parasites crawl over the surface, burrow beneath the skin, nestle in our entrails, and riot and propagate their kind in every corner of our frames, and scarcely a tissue or an organ but is occasionally profaned by their inroads. Each has also its special domicile. One chooses the heart for its place of abode, another inhabits the arteries, a third the kidneys. Myriads of minute worms have been found coiled up in the muscles. A little fluke very much like a miniature flounder lives, steeped in gall, in the liver. If the skin of the nose be squeezed, a cheesy matter will exude, and if examined by a microscope, ten to one, several animalcules, extremely minute, but of a complicated structure, will be seen. They are at present in the majority of living persons, and are less than one hundredth part of an inch in length, have a head, chest, abdomen, eight legs, and very movable jaws. By recent researches it has been proved beyond a doubt that a small insect is the cause of the itch; and by skillful management, it can be caught and seen under a microscope. It seems a strange and humiliating fact that the human body should provide food and habitation for so many and such varieties of these inferior creatures.”

CHAPTER III.

GENERATION, AND THE LAWS WHICH SHOULD GOVERN IT.

“LIKE BEGETS LIKE.”

We see unhappiness and misery on every side of us, as we pass along the journey of life; we hear the world demanding reform, both from the pulpit and from the press; in church and in state, the world over, we hear the cry of reform and reformers. They all have a peculiar patch which they think ought to be sewed upon the character or coat of man, to bless, and bring him into that shape and similitude which would give him a graceful and harmonious appearance in the world.

They are all patching and discussing about patches. One will advocate the idea of ripping open a seam here, and another there; cutting out a little here, and adding a little there, to make all the garments or characters of men harmonize in the world. Each has his peculiar standard of fashion, and all must be cut over and altered over to fit his idea of perfection or standard of faith and practice, to make a man what he should be, mentally, morally, and physically. And great confusion exists upon the earth, among mankind, with this everlasting patch-work, to fix up mortals so that they can be endured, one with another, and live in comparative harmony. But out of all this din of battle-cry, and for mastery in the trade, do you hear one of all the clan that has ever spoken or thought a word about altering the original pattern by which they were all cut in the first place, to eventually stop all this jargon and work for both men and angels who are endeavoring to regen-

erate them, and make them what they should have been? And yet the world keeps cutting and making by the same old style of pattern, as angular and uncouth as they may be, and flooding the world with them; and still just as busy in patching and altering over to get a fit. If a stream gets obstructed and overflows its banks, carrying with it devastation and ruin, as well might a man overcome the difficulty by dipping it back with a basin into its original channel, as for the reformers to correct the evils of mankind by this patch-work. But should he not rather remove the obstructions, and let the stream resume its natural course? But so it is, and so it ever has been—the world is ever battling with effects, perfectly regardless of the cause which produces them.

Now, about how reasonable would all this altering-over process look to a good mechanic in the tailoring art, who might be watching the movements of a class of people in this great hubbub about getting a fit to suit them after the garments were all spoiled in cutting. Should he not manfully step forward and ask the people to remain quiet a few moments, while he explained the difficulty; and proved to their understanding that the fault was all in the cutting in the first place? Then by his natural foresight and skill, he would teach them how to draft out their patterns aright, so that they might get a fit the first time trying ever afterwards, and save all this confusion in the world about altering over their coats; while a fit could just as well have been accomplished in the first place, and save all this trouble if they had only started right, so that all which should be made hereafter would not need this regeneration, which has cost the world so much trouble in altering over. Of course, every one would say this is just what should be done, to settle all this trouble once and forever. But what would you think of a man or a woman who should be silly enough to object to having this done, saying that it would be vulgar and immodest in the extreme to have anything to do with altering over the original pattern or starting-point of all this trouble, and would be disgusted with the man for his benevolence in so easily setting the cause of all this confusion at rest? And still, there are hundreds of

just such folks in the world, equally blind to their own best interest, who would be offended when you bless them, unless it should happen to come through the peculiar channel in which they have been educated and brought up.

And now, dear madam, or reader, I hope that you will not be one of that number, when I come to make my comparison of this patch-work of coats to the patch-work of humanity, both physically, mentally, and morally. You are all aware that humanity are wofully deformed in all their parts, and the minister, doctor, and lawyer are trying to patch them up into good, moral, physical, and spiritual beings. But how un-availing have been all their efforts for the past eighteen hundred years in trying to regenerate them, after they were all generated wrong in the first place! And they are still coming into the world, thicker and faster, and more of them, halt, lame, blind, and deformed in every department of their natures, and entirely out of balance mentally, morally, and physically—much faster than they can possibly be patched up by all the pulpits, hospitals, and presses in our land. Now, what should be done to remedy all this great evil? I say, let us learn how to generate aright, for the benefit of the coming generations, while we patch up, as best we can, those already in the world, who were cut wrong in the first place, and spoiled in making up, that this great evil may not continue longer than the present generation.

Now, I trust you will get my idea of the matter, and allow me to proceed with my subject, however delicate it may seem to you; for you should remember that this is a false delicacy. Anything which is really necessary for you to know, understand, or investigate is not really indelicate, and should not be so considered. We should not expect a peach-tree to grow from the planting of a plum-pit; neither a rose from the thorn. But in all departments of nature except in this the world expects to raise that kind which it has sown. Neither does the farmer expect a good thrifty crop without both the ground and seed being in good order, and put into the ground in the proper season and proper manner. Neither should we expect to raise healthy, intelligent, and harmonious children

except we have the same properties in the parent stock; and not even then, except both parents are in a proper condition at the time that the fetus is started, and that the mother continue so during the nine months of gestation.

All this is well understood by the farmer as it regards his stock; and he will take the utmost pains to see that the breeds are properly crossed, and that all conditions are just right, and that the dams are not overworked just before and during the months of gestation; knowing that it will affect the offspring, and thus he may lose a dollar in some way. Still, perfectly regardless of all this knowledge, when the eternal destiny and happiness of a human being are at stake, and to be his child at that, he will work, worry, and fret himself all day, and come home at night exhausted, tired, and cross, and give his wife a scolding about some trifle; while she at the same time has been overworking, and quite irritable and nervous, and becomes easily riled up; and thus they have quite a family fuss. But about bed-time they will make up; and then, as a renewed pledge of their friendship, they become parents to an offspring upon whom they have transmitted themselves, as they were at the time, with all the angular and irritable disposition of mind and body; and then wonder why they should have such cross brats for young ones, who cause them a great deal of trouble, are always in a fuss of some kind, never joyous and happy, from the cradle to the grave. And all through life they are grumbling what a hard world this is. He is ever meeting with obstacles to hinder his happiness; he is physically weakened and deformed in every part, and requires the doctor to patch him up from week to week to get along at all; he is contentious with his neighbor, and ever in law, and requires the lawyer to help him obtain his legal rights; and from his unholy conduct the priest and the church are ever preaching and praying to keep him in the path of rectitude. He will resolve with all his strength and purpose to resist the devil and all his works; but lo! in an hour when he thinketh not, he gives up to temptation and sin; and then, by the quickening of his spiritual, he repents in dust and ashes, and then makes another resolve, just as easy to be broken. And

so he is clashing, ever clashing, for want of harmony in his brain to modify the action of the two extremes of his mind, the animal and spiritual; his mind is like a troubled ocean, ever casting up mire and dirt; his body is racked with pain and disease; he has contention and strife with his fellow-man. And surely this looks like a hard world to him; and his only hope is to get out of it as soon as possible, believing that there is one beyond of pure delight and joy, without alloy, in the next life. Now, he is one of those characters who require the doctor, lawyer, and priest to patch them up continually in order to get them through this world at almost any kind of a poor dying rate. The doctor makes long and large bills to remove inherited disease; the lawyer does the same, to scull him clear of the strong arm of the law; and the priest and church labor hard for his regeneration—and well they might. But if he had been generated right in the first place, it would have saved them all this trouble; and he would have floated through life thinking that the world he lived in was God's chosen paradise, filled with lovely beings, with none to mar his happiness; for he could see the wisdom of God in all his works and creations, and law and order in all the departments of nature. Wisdom would shine forth from all which he could behold, and he would cast a ray of sunshine and blessings upon all around him. He would have no use for the doctor, lawyer, or priest; for he would be perfect in all his parts; joy would beam from his eyes, and he would be a law to himself; while the very angels of heaven would gladly minister to his spiritual wants, and his body would be for the indwelling of the Holy Ghost, and his soul would speak out through his body, being crowned with purity, love, and wisdom.

HOW TO GENERATE SO AS TO PRODUCE A HIGHER TYPE OF HUMANITY.

We will now give some general instructions in regard to the first principles of generation, which if closely investigated, understood, and obeyed will cause parents to rear up children

to cover the earth who will be fit subjects to usher in the millennium, when the New Jerusalem shall descend from God, out of heaven (or harmony), and dwell among the children of earth, and they shall become one people. As the bride and bridegroom, by the laws of proper affinity, are prepared to be conjoined into one, so shall the great marriage supper of the Lamb take place on earth, just as soon as the inhabitants are prepared to be conjoined in holy matrimony to the angels above. But this cannot be done while present ignorance and false delicacy exist in the earth, on the first great principles of generation, which is the main hinderance to that bliss which has so long been hoped and prayed for in vain. Then let us throw aside this mantle, which has so long shut out that light from our eyes, which has been so much needed to fill the earth with wisdom, and boldly investigate some of the first God-given principles implanted in our natures which govern the destiny of each human soul and the world at large; and let no frivolous excuse prevent us delving into the mysteries which have heretofore blinded the earth, that we may correct the mistakes of former dark ages, and strike to the root of all evil or ignorance at once, and let the light of science shine through the deepest and first principles of humanity, which is the only way the world can ever become what it should be, when we strike at the very root or first cause of this great evil or ignorance, and sap the foundation which supports this great dragon in our natures. Then, and not till then, can heaven, or harmony, reign upon the earth, and man become an heir to God, and a joint-heir with Christ.

ANIMAL LIFE OF THE SEMEN.

The semen is that refined fluid which is deposited in the uterus, or womb, by both parents, at the time of copulation; the union of which, under proper circumstances, forms the germ or fetus in the womb, where the formation or first formation of the human organism is started.

In order to reform the world, we must commence with the beginning and understand well all the first or primary princi-

ples which cause a human being to be produced from its parent stock, in all its parts and bearings, and the conditions necessary, with all the whys and wherefores, etc.—like pointing a gun with the least variation you fail to hit the mark; then don't be careless about this, for here is where the secret lies, as a small or comparatively small oversight in any one department of this primary stage will in the course of its future development widen out to produce large results, either for good or evil to the being thus brought in upon the stage of life under circumstances over which he of course had no control.

I have already said enough about false delicacy in females as well as of some males, and shall now proceed to one of the highest and holiest duties which I ever expect to perform on the earth, as nothing is or can be of more importance than the weal or woe of a human being; as I have before said in substance, all this depends upon how he is first started in his human career. In order to understand why and how an apparently slight difference in conception should make such a great and vast difference in the future of the individual, we should at the outset understand that the semen or seed principle, which forms the germ of a human being, is composed entirely of living, intellectual animals; which are secreted in the testicles of the male, in a fluid state, and in the ovaries of the female, in the form of a small egg, the size of a small mustard seed. These germs contain the highest principles of vitality which the human system can produce. They are composed of a fair representation from each lobe and organ of the brain, each individual particle possessing the peculiar character of its relative lobe or organ of the brain, whether of amateness, combativeness, self-esteem, reverence, or benevolence. All these peculiar dispositions are fully represented in the semen, and are in sympathy with the brain of its own peculiar kind. And when any one organ of the brain is excited more than usual at or about the time of sexual intercourse, that organ will be more fully represented in the child than it would have been under other circumstances. Hence come the various angular developments of the brain

in all human beings; and it is one of the main causes of such a vast difference in individuals, giving rise to ignorance, contentions, and all evil consequences among mankind, etc.

It should be the desire of each parent to produce the highest and most perfect type of humanity which their peculiar organizations are prepared to produce under the most favorable circumstances. This is or should be a matter of the greatest interest to every parent, as an eternity for both him and the child is before them; and they can never sever their relations one to the other; and the parent must through countless ages look upon that form as his son or his daughter, whether it is a good or a bad production. If a bad one, what untold mortification must ever haunt his breast! If a good one, what an eternity of happiness in beholding that beautiful organization in all its parts, both physically, morally, and spiritually, which is blooming before him to all eternity, and ever outstripping his fellows in a progressive development!

In order to produce the most perfect offspring, the parents should both be in as perfect state of health as possible, and should allow the semen to become fully matured and developed, so that each organ of the brain, however weak, may be fully represented. This cannot be done if it is wantonly and frequently thrown off in sexual indulgence; but it should be retained at least four weeks by each parent to mature before having connection, that it may become the twelve annual fruits spoken of produced in the garden of Eden. In this manner, each organ of the brain will have a good, well-matured representation in the semen, which will be strong and vigorous; that each organ of the parent brain, however small and weak, being fully represented in the fetus, or child, it may and will produce a large and well-developed corresponding organ in the child. In this way harmony in the child may be produced from inharmony in the parents; as you will frequently see in the child a much better organized brain than in either of the parents, which was caused from good, ripe, or matured seed from the weak organs of the parents. These conditions give the weak organs in the parents a chance to

fully represent themselves in the child, and the strong organs can do no more than to be fully represented; hence a smooth, even organization is the result in the child, which makes him perfect in his sphere of life and stage of development; and after circumstances and conditions, however bad, can and will be much more easily overcome than they would have been with an uneven or unbalanced brain to contend with in battling errors and evils through life.

HOW DOES CONCEPTION TAKE PLACE?

There are very many theories before the world on this subject, each differing widely from the other; but I will give mine, regardless of any or all of the rest, and leave it to the reader to judge for himself which will bear the closest scrutiny under the magnifying rays of the known laws of nature.

It is an acknowledged fact that the semen is composed of living *animalcula*. None at the present day will pretend to deny this point. Then, if living, they must be intelligent, and have a will and purpose to carry out when conditions are favorable. All this I fully claim; and still further, viz., that there are as many kinds and dispositions, individually, in the semen as there are different organs or dispositions in the brain of the parents; and that the semen is the individual representation of each lobe of the brain, although antagonistic in their natures; yet when conception does take place, they harmonize into one common brotherhood, each acting by itself in its own organ as found in the parent brain; and when the semen is but partially matured and represented from each organ of the brain in both parents, then a conception can and may take place, and not without; for if there is even one organ not represented by either of the parents in the semen at the time, conception cannot take place and mature. But in some rare cases, for want of a full representation of each organ, a malformation is the result (which is a muscular or brain-like tumor, of various forms and ultimates). These generally pass off in a few weeks at most; still, I was called

to examine and prescribe for a female in Bloomington, Illinois, who had been affected with one of these malformations for at least twenty-seven months, which caused an enlargement of the abdomen equal to a fetus of nine months, but after the first nine months continued to gradually become smaller; and at the expiration of each nine months she would have labor pains for several hours, which gradually diminished at each regular period of nine months for three successive periods.

But to come more fully to the point under consideration. At the time of menstruation of the female the ovum, or egg, comes down from one of the ovaries into the womb, suspended by an umbilical. This, if not impregnated in fourteen to twenty-eight days, dies and passes off; but when offspring is desired, should be impregnated within the first three days after menstruation ceases; the sooner the better, if the parents are ready, as an early conception prevents the necessity of the fetus absorbing the filthy blood which begins to accumulate in the catamenial vessels immediately after the cessation of the flow. This blood gives the child a dark complexion and dwarfs the size; as in the case of the Jews, who by a religious rite are required to wait eight days for purification, which proves to be an error, and gives them a dark complexion, and dwarfs their size and their aspirations.

In the act of sexual intercourse, when both parties are in proper condition, the pleasurable excitement arouses every nerve and fiber of the whole system to a full representation of every faculty of the human soul. Then the semen enters the womb of the female and impregnates the egg, or ovum, suspended there, and each kind of *animalculum* in the semen impregnates its respective cell in the ovum, corresponding to the human brain, for the ovum is a representative brain, which awaits impregnation in the womb, which at this time is heated up to a fever heat, and surrounded by a glow of magnetism, from both parents brought in contact. Under these favorable conditions, each peculiar breed or kind in the semen seeks its kindred kind or cell from the opposite sex, where they

congregate and attach themselves upon the upper part of the uterus, in that perfect order in which we find them in their respective parent brain. Here they organize, and the strongest or the most ripe or developed ones take control each of their respective cells in the organ, where they cohabit, and breed with their opposite sex, of their peculiar kind, and all work in harmony together, to go on and lay out and construct the human organization, which is the most perfect specimen of mechanism which can be found in all the creations of God's universe. And all this is probably done by or under the control of those little beings which compose the organ which we call constructiveness. They are so small that they cannot be seen with the naked eye, but can be with the microscope. They lay out and construct or superintend this vast and most perfect structure, the human body, and harmonize all the different representations of the various organs of the brain, which are to be found in the semen, into one grand unity, to go on and work together for the general good of each and all their various interests.

The peculiar law and order which control their precision and development, in all the various and peculiar antagonistic dispositions of these organs, and their representations in the semen, may be compared to a house of representatives, or congress, where several hundred representatives of the people are convened; each has his individual state or district to represent, and its various interests to look after and provide for, also to contend with those of opposite interests. These are all thrown into one house together, to provide for all the wants of the whole United States. Now, with all this jargon of interests, law and order are soon restored by appointing a speaker and organizing the house by appointing all the various committees, whose business it is to attend to whatever comes in their peculiar line of business; some are committees of ways and means, some on internal improvements, some on finance, foreign relations, etc. Thus every peculiar branch of interests has a head, appointed to control in that direction, and see that all are properly cared for.

Thus it is with the semen in the womb, which organizes and lays out the structure of the human body with all its antagonistic interests; yet the greatest harmony prevails, and the greatest symmetry and form in all its parts and bearings for all present and future needs, in every department of the vast structure. What God-given wisdom in those little mites which compose the human semen! In this way and upon this general principle, I claim the human soul and body are first laid out and constructed, to be ready to meet all the wants and natural demands of future ages, through a progressive eternity, from sphere to sphere and world to world, with all the elementary principles laid in its foundation, to be developed on and forever on, out and forever out, up and forever up, to eternally gather yet never to be full.

With this view of the subject, the reader will see the vast importance of conditions on which to commence the foundation for this eternal formation for the human soul; as the internal is modified and shaped by the external, and every little circumstance, however small, which may surround the laying of these first principles in the structure of the fetus has a widening and deepening influence to all eternity upon the formation. If these conditions are properly understood and observed, the fetus, child, and man may be perfect, or as perfect as possible, according to the true observance of these principles. In this manner, I claim that all the children born may be far in advance of their parents, both physically, morally, and spiritually, which in a few generations would fill the earth with a harmonious race of healthy, reasonable beings, who would act wisely, and for the general good of the whole. Then this selfish, fiendish disposition, of which we see so much in the world, would be entirely done away with, and these angular developments which cause so much contention would not be known, and prisons, hospitals, and churches would soon fade away from the land, as there would be no further use for them, to doctor, punish, or to regenerate the souls of earth. For all would be a harmonious people; content, happiness, and confidence would radiate from every brow; quietude and harmony would everywhere prevail;

heaven on earth would then begin; and the very angels from heaven would come down to dwell in our midst. Then, and not till then, can we expect the New Jerusalem to come down from God out of heaven to dwell upon earth.

Talk of heaven, with such a set of inhabitants as we now have upon earth! It is nonsense! Why, just for the experiment in your own mind's eye, place one of the earth's inhabitants at the present time right in that fancied heaven, where the streets are paved with gold, and the trees yield their twelve manner of fruits yearly; and what would be the first thing he would do there? I will tell you what I think he would do: the very first night he would pry up the golden pavements and run them into coin, which he would try to be letting out at ten per cent on good real-estate security. And as for the apples, you would soon see him with a basket on his arm, trying to sell three for five cents—if perchance he could find a purchaser.

A fit inmate for heaven this, with an organ of acquisitiveness sticking out on the side of his head far beyond the surrounding group, like the horn of a yearling calf. Such would be the harmony of most of those of the present day, who make such long and loud claims for heaven. Some of them have joined the church, to be sure; but what is their daily life? Do they live out the precepts and example of the good Nazarene, by seeking the poor and needy, and ministering to their wants? Do they go out into the highways and ditches to hunt up the suffering poor? Do they visit the prisons? Do they stoop to relieve distress and degradation anywhere? Do they seek to bind up the broken-hearted outside of their own peculiar church pews? No, verily not, sad to relate; but they will drive the best bargains possible with those in distress, who are poor, which their rich and influential positions will possibly admit of, and clear the strong arm of the law. They are sharks in society, who would swallow their victims whole if they could, with a good relish. Then talk about regeneration, heaven, and harmony here on earth. I am sorry to say they do not understand the first principles even of the term they use.

PROPER TIME FOR CONCEPTION, WITH
GENERAL INSTRUCTIONS.

This is a subject of the utmost importance, and one which is entirely neglected and apparently unthought of by the world at large. Most people, by their actions, appear to think that after a young lady has come into womanhood by a regular course of menstruation, and gets married, she is a fair subject to commence raising a family. How false the idea! And how it is trifling with an eternity of realities! Would a farmer select his grain for seed which was only partially ripe? And does he not know that when his stock become mothers too young it puts them back in their growth, which will take years to overcome, if ever? Most certainly he does, and hence takes means to prevent it; while at the same time he will allow his only darling daughter to get married at sixteen, and become a mother at seventeen, and not say a word about it, or appear to know but what it is all right to see her constitution broken down, and herself sink into the grave at nineteen or twenty. Ah, what willful blindness! Does it not look reasonable that the body as well as the mind should become properly developed before it can procreate its kind? It cannot transmit to the offspring that which it does not possess. Hence the body should become fully matured, and the mind also should become well educated and expanded on all subjects in general; and the real woman should be put on, and the girl should be fully laid off, before this holy and most sacred office is assumed. It is the office of originating an immortal soul, which you must call your child to all eternity; and you cannot throw off the responsibility of your stamp upon that progeny which has no voice in the matter. You stamp it for weal or woe; and you alone are responsible for its effects. And yet how foolishly this subject is always trifled with, even by professed Christians who claim to be scientific! What loose, silly language they always use upon the subject, and with a light frivolous air! How you would pity a miserable creature when you meet one who is

simple, deformed, or entirely out of balance in his mind, which is ever throwing him into difficulties! And yet, if the real facts could be known, perhaps you are yourself living a course in life which will bring into existence an offspring which will be worse than the one you behold with such horror. Then let these first conditions be made aright and understood, by having a well-developed body and mind. And here let me say that a long chapter should be written on the proper choice of a companion, whose temperament should be in happy contrast with your own; but at present I must waive this subject for want of space, knowing that this work will mostly fall into the hands of those who are already married. I hope, however, to have space for a few words at least on this most important subject.

Now, after all the above conditions are made ready, and both parents really desire an offspring, they should see that they are as sound in body and mind as possible; they should then avoid having connection for at least four weeks, or from one menstruation to another; then after the wife has ceased to flow, or in the course of two or three days, and after avoiding all hard labor for that length of time, that the body may become fairly rested and in a good, sprightly, and mirthful condition, with all the harmony of body and mind which they can possibly produce; and in the morning, after a good night's rest, while the mind is clear, they should then enjoy the sexual embrace, in such a manner that both may arrive at the height of pleasurable enjoyment at the same time; then a few moments should be spent in this position before they separate, thus giving time for the neck or mouth of the uterus to become closed; and if they should desire a male child, let the mother turn upon the left side, if a female, let her turn upon the right side, which, according to the philosophy of some, will determine the gender of the offspring. But of this I am not certain, never having a sufficient number of facts in the case to demonstrate it. Still the philosophy looks somewhat reasonable. The mother now should avoid all hard and excessive labor for the next month, and both should avoid any further connection until after the next men-

struating period; if she passes by, and does not menstruate, then you have just grounds to believe that she has conceived a bud for paradise, that will bloom to all eternity; if she should menstruate again as usual, you are both in a proper condition (provided you are still in good health) to repeat the effort.

CAUSE OF LIGHT AND DARK COMPLEXION.

After the usual monthly evacuations of the female, the catamenial vessels are secreting the gross particles of the blood for about three weeks, when another evacuation commences. Now, if conception is delayed one week upon the close of this regular evacuation, then one third of all those gross and filthy particles which are generally discharged must be taken up and go to help start and build up the growing fetus. This gives a dark complexion, because the stock from which the fetus is first fed is impure, which not only gives a dark complexion, but stunts the growth and general expansion of the intellect. This fact alone accounts for the general appearance of the Jews, with their small stature and dark complexion, caused by a law in their religion, viz., that they shall not touch their wives until seven days after their uncleanness. Hence, one third or more of all the usual evacuation is taken up in the first formation of the fetus, which is a sufficient proof, and clearly accounts for their dark complexion and dwarf size, which is universally manifested in the whole race of the Jews.

WHAT CAUSES THE MALE OR FEMALE GENDER.

Here, again, the world is at loggerheads, in regard to the science or real cause of the different genders. Various opinions exist, in contradistinction one to the other; but, as before said, I will give mine, regardless of any or all of the rest. I think that one cause, if not the only one, is the peculiar egg, or ovum—whether it is produced from the right or from

the left ovarium of the female. I think that she alone governs the sex, from the fact that the right side is positive, and the left side is negative. And if an egg starts from the right or positive side, it controls the semen of the male, by its positive influence, and attracts to the left or negative side of the womb and produces a female child; but if it is produced from the left or negative side, it becomes negative to the semen of the male, and attaches itself to the right side of the womb and produces a male child. As the semen of the male is produced from both testicles at the same emission, both positive and negative, I can see no law whereby it can control the sex, except one of them be injured and becomes useless; in that case, if they had any influence at all, the gender would be all of one kind. I think some weight should rest upon the argument, as to which side of the uterus the fetus becomes attached—whether on the right or positive side, or whether on the left or negative side. As all things in nature work upon the positive and negative principles, hence if attached to the positive side, the semen must become negative to it, which would produce a girl; but if attached to the negative side, the semen would become positive to the uterus and produce a male child—as a positive and negative attract to each other, while two positives or two negatives will repel each other. All of which is governed by the ovum, as before stated.

Some claim, and I think with some degree of reason, that if the female immediately turns upon her right or left side, she can control the sex of her offspring, on the above principle. But this is a subject which has been so little tested that I cannot vouch for its certainty; but where the parents have a choice in the offspring, it would be well to try it, and demonstrate the fact if possible. Still I think it of no use; while the sex is governed by the ovum of the female, it will naturally attract to the positive or negative side according to which ovum it left, as above described, and therefore the turning upon one side or the other could not materially change the gender of the offspring. But if two eggs, or ova, should leave the same ovarium, or one from each, the gender would be

accordingly; hence twins of two girls or two boys, or one of each, would be the result, according to their respective eggs, or ova.

CONCEPTION PREVENTED—VARIOUS MODES.

There are very many who have raised all the children they wish for or can properly support, and at times would enjoy those God-given blessings realized in the sexual embrace, and at the same time avoid conception, which is not again desired. To those I would cheerfully give all the instruction which I am capable of giving. Believing at the same time that such embrace is at times right and proper, and that some peculiar organizations require much more than others of a different organization; still, let me here say that in most families there is eight times too much of it done for their health and the happiness of their families. I think that once in four weeks is all that an unperverted nature should require.

In almost every department of nature we can see landmarks to guide us in the path of rectitude, if we will but closely investigate the laws which govern and surround them. In this department we have those landmarks more fully set forth in the female than in the male. All are aware that immediately after the flow of the monthly menstruation in the female she has more desire for the opposite sex than at any other time, and also is much more liable to become impregnated within the first one or two weeks than at any other time; and if at all, it should be the first week immediately after menstruation, while the catamenial vessels are entirely empty, which will give a light complexion to the offspring. But if she waits until they become partly full of gross blood, then that foul blood will go to help form the fetus, which gives it a dark, swarthy complexion, and a nervous, irritable temperament, subject to liver complaint and various nervous diseases. Some contend that after fourteen days they cannot conceive. This assertion, almost all who are at all conversant with the subject, or who have had but very limited experience, will flatly deny. I have known of several con-

ceptions to take place twenty-eight days after menstruation, under circumstances where there can be no doubt on the subject.

I am well satisfied that it is possible to conceive at any period in the month; still not as likely to after fourteen days as before. And my experience has not been very limited on this subject, treating female complaints almost entirely, as I have for several years, and within the last three years having had over four thousand patients without losing one where I was the only physician in attendance, I have every chance to become well posted in such matters, having, as I do, on an average, over two applications a week to produce abortions, where all the facts in the case are freely submitted to me for my counsel, and where every inducement is held out to tempt me into the crime; but in honor to myself and to my patients I am obliged to refuse.

One supposed prevention, and one which is frequently resorted to, is to inject water immediately after having connection; but this course is not only unsafe but dangerous, from the fact that while those sensitive parts are heated up to a fever heat, to inject water causes such a chill and sudden change from heat to cold, that it closes up the pores through the mucous membrane of the vagina, and causes more or less inflammation, which lays the foundation for more or less of female diseases, weaknesses of the parts, etc.

Another mode is to insert a sponge or piece of woolen cloth with a string attached to it, for the purpose of covering the mouth of the uterus, so that the semen cannot enter. This also proves a failure very often, as the uterus in a large majority of cases is in a state of prolapsus, or putting down, and the vagina, or the outer passage, is so enlarged or relaxed that it is impossible for this contrivance to answer the desired purpose, from the fact that in very many cases the uterus is tipped over on one side, and in some it is retroverted or turned bottom side up, and in almost every other possible condition which can well be imagined. I have personally examined several hundred, and I think thousands, of females, and my experience is that not one uterus in ten stands up in

its natural position; still, most of these examinations were of those who were complaining with some difficulty in that direction.

Another and still more feasible plan, is to inject astringents a little time before connection, and a solution of alkali, such as saleratus or sal-soda water, immediately after; still, if the semen of the male is injected directly into the womb, before any of the injections above mentioned can possibly be injected, the mouth or neck of the uterus, or womb, will close up, and it does not come in contact with the semen at all, and a conception takes place in spite of all efforts to the contrary.

There are a hundred and one other supposed preventives, all of which are unsafe and unreliable. Under certain circumstances, some, and perhaps all, might answer the desired purpose, but all will at times fail; and who can judge better than the physician who makes it his entire business to treat female complaints, and has the entire confidence of all, and is constantly hearing them delineate their supposed preventives, which after all have failed them, and they come to him to implore relief at his hands in that, to them, trying hour?

Still, there is a cure for every ill, and a balm for every pain, when these subjects are sufficiently understood. Through the untiring efforts and ingenuity of those who have thoroughly investigated this subject, a preventive has been obtained, and one which I could recommend to those who would make a reasonable use of it. It is the French male safe, called by some prevention cap, or condom. It was invented in France, and made, I think, of a fish bladder nicely tanned and softly dressed, and is about six to eight inches long and one and a half to two inches wide when flat. It is to be wet inside and out before using; then blow it up, and the husband draws it on, when it will stick down tight to the parts without slipping off. This is all the preparation necessary; and if it is a good article, it will not interfere in the least with the pleasure of the husband, and certainly not with the wife. After using, it should be rinsed out in cold or lukewarm water and pressed as dry as possible in the hand, then blown up again to straighten it out, when it is to be laid flat on paper or muslin,

in which it should be rolled, and which will absorb the rest of the moisture, when it can be laid by for future use. With proper care, one which will cost a dollar at retail will last a year or more in any family. With this article, both parents may feel perfectly safe and secure, as there is no possible way whereby conception can take place under any circumstances. I have sold them for years to the first families of this city, who have used them with perfect satisfaction.

NOTE.—There is a counterfeit article, known to the trade as American; these are made of the entrails of some animal, and are sealed at the end and lapped over, which you can detect by holding them up to the light, when you can see where they have been lapped over, and show an uneven thickness, which cannot be seen in the real French article, which is of an even thickness, and clear. The American are worthless after using two or three times, when they will come apart. They are only used by libertines, to prevent taking disease, who use them only once and throw them away, as they can be bought for one fourth the expense of a good French article.

WHAT CAUSES THE CHILD TO RESEMBLE ONE PARENT MORE THAN THE OTHER.

In this field of inquiry, as far as I know, I am “monarch of all I survey,” having never read the opinion of any other author on the subject; neither do I know that any such opinions have ever been expressed by any one; still, it is a query in the minds of many, and inasmuch as I have an opinion on the subject, I think it not out of place to give it now in connection with my former views as herein expressed on various other matters of the kind. It is often remarkable that in the same families all the children will resemble their father, while in others all will resemble their mother; in others, again, some will resemble the father and some the mother, while it is still more common to find a blending of the two combined in each child. Now, this may be consid-

ered a matter of but very little moment by some, while in others it excites their inquisitiveness and curiosity to know the cause of this peculiar difference.

All must be aware that the semen of both sexes is the most vitalized particle which can be developed in their bodies; and I claim that they are under the immediate control of the brain; and the more mature it becomes before it is passed off, the more easily it is psychologized by the will power of the brain, according to the amount of thrill or excitement at the time it is passed off; hence it becomes more or less impressed by the parent brain, and in that proportion it contends for its own original personality of the parent which gave it this impression. The parent which imparts the ripest and most perfected semen and enjoys the greatest thrill of excitement may safely claim his own peculiar expression in the progeny which follows.

WHAT IS THE CAUSE OF TWINS?

I think it is caused by the departure of two ova, or eggs, from the ovaries at the same time, in the place of one. And it sometimes happens that three, and in some instances four, have thus escaped the ovaries, and have become impregnated and have matured through gestation. If these should both, or all, pass from one ovary, they would all be of one sex; but if from both ovaries, they would be of opposite sexes in like ratio.



CHAPTER IV.

SYMPTOMS AND DISEASES OF PREGNANCY.

CONCEPTION.

In order to procreate the human species, there is a periodical discharge of blood from the vagina of every female, termed the *catamenia*, or menses. The secretion of this fluid commences at that period of life termed puberty, which occurs at different ages, according to the climate and the peculiar temperaments. In some latitudes it commences as early as eight or ten years; in others not until they are fifteen, and in some individual cases not until they are sixteen years of age. This, however, is very seldom the case in a healthy person.

As soon as conception or pregnancy commences, this discharge ceases, and goes to support the fetus, or child, except in rare cases, when they will menstruate a little once or twice after conception, and cases are known where they continue through the whole period.

PREGNANCY.

As soon as the female becomes pregnant, new symptoms follow, such as suppression of the menses, sickness at the stomach, heartburn, longings, indigestion, giddiness, headache, etc. The circle around the nipple alters to a dark brown color, and puffs up a little. There often occurs, also, a feverish disposition, with debility, emaciation, irritability, and peevishness of

the temper, and a total alteration of the countenance, every feature of which becomes much sharpened. In some, the first symptom noticed is a peculiar languor in the morning, swelled and sometimes painful breasts, with slight darting pains through them, pains in the lower part of the back, and a good deal of spitting of a frothy, cotton-like substance. These symptoms are more or less severe in different persons, according to their temperament, state of the bowels, and habits of exercise. It is not to be expected that any one female will have all of these various symptoms ; but more or less of some of them are generally present. Ordinarily, she suffers most during the second and third months, on account of the sinking down of the womb, *prolapsus uteri*, which soon after the period of conception is gradually increased in size and weight. As it grows larger and heavier, it sinks lower in the pelvis, until about the fourth month, when, becoming so large that it cannot longer be accommodated within the narrow limits of this unyielding box of bones, it is obliged to mount higher to find room in the ampler and more distensible belly. This lower position of the womb in the earlier months of pregnancy occasions many disagreeable sensations, as pain in the lower part of the back and sickness at the stomach. Some women breed so easily as to experience scarcely any kind of inconvenience whatever ; while others, again, are incapable of retaining anything on their stomach, and are thereby reduced to a state of extreme weakness. With some women, the vomiting will continue throughout the whole or greater part of the second stage of pregnancy, as well as the first. But this does not usually happen. (For this take the rhubarb cordial.) Partial suppression of urine, with a frequent inclination to void it, itching about the external parts of generation, costiveness, tenesmus, and the piles, with more or less nervous irritability of temper, are the complaints with which women are chiefly troubled during this period. Most women quicken about the sixteenth week after conception ; at which time the mother becomes sensible of the slightest efforts of the child ; and besides the complaints just enumerated, she will then be liable to sudden faintings, and slight hysteric affections.

According to the commonly received opinion, quickening, so termed, generally has been understood to commence at the time when particular sensations are perceived by the mother, supposed to be occasioned by the first motion of the child. The most usual time of feeling any such symptoms is about the latter end of the fourth or the beginning of the fifth month of pregnancy. At this period, the uterus, filling up the pelvis, slips out, and rises above the rim; and from that sudden transition, women of a delicate constitution and irritable fiber are apt to faint, more particularly so if in an erect position.

During the last three months, or third stage of pregnancy, general uneasiness, restlessness (particularly by night), costiveness, and swelling of the feet, ankles, and private parts, cramps in the legs and thighs, difficulty of retaining the urine for any length of time, varicose swelling of the veins of the belly and lower extremities, and piles, are the affections which usually prove the most troublesome. In weak, delicate women, of an irritable habit, convulsive fits sometimes arise, which are ever to be regarded as a dangerous light. There is great danger of being deceived in regard to pregnancy. It is sometimes difficult to discriminate between it and common obstruction of the menses. On one occasion, but a few weeks since, I had a patient come about forty miles for the purpose of having an abortion produced. She came to me for counsel, and claimed that she was about four months along. I made a personal examination, and told her frankly that it was my opinion that it was only a suppression of the menses. This she strongly denied, and persisted that she was pregnant. She then sought the advice of a noted clairvoyant in Grand Rapids, for her opinion, which she gave in the affirmative, and said she was pregnant with a male child. This frustrated the taking of my medicine for suppression; but to prove to her that I was right, I called the counsel of a regular physician by the name of Dr. Garlock, whose experience had been very extensive in such cases; and he also came to the same conclusion as the clairvoyant, that she was pregnant. I was still firm in my conclusion, and hoping to be supported in my

opinion, I called Dr. Sexton, whose experience had been quite extensive in such matters, and after making a personal examination he also came to the same conclusion with all the rest. She seemed to prefer that I should treat her case if I would only treat her so as to produce an abortion. Still feeling rather stubborn in my premises, and wanting a chance to convince her that I was right, I consented, and she resumed taking the medicine, which I prepared with due reference to a case of suppression, and not for a case of abortion; and to her great joy, in a few days her menses returned, which continued four days in a regular and natural way, and ceased as usual without pain or any appearance of pregnancy. This case, and many others similar which I might mention, proves that even those who have had large experience will sometimes be deceived in some cases in spite of all their experience.

REMARKS TO PREGNANT WOMEN.

When the pregnant woman first recognizes her situation, she should determine to observe moderation in all things. Let her avoid violent and sudden exertion, and move about more calmly and evenly than usual. By this is not meant that she should give up her customary occupation, but that she should pursue it with becoming carefulness, resolved in no case to hazard over-exertion, and rather leaning to the side of indolence. This would not be real indolence, for she is doing a great work internally, and should not unduly withdraw her energies to external affairs. She should not be too much in an erect position. If of delicate constitution, and not in vigorous health, she should make it a point to lie down several times during the day. The standing position, continued for a long time, especially if under circumstances to indulge fatigue, greatly favors the descent of the womb; while a frequent rest, in a horizontal position, may enable it to keep its place. Many may try to make themselves and others believe that they are obliged to work, and cannot therefore follow directions. This is no doubt true in very many cases; still it

does not follow that they are obliged to kill themselves and their offspring by over-labor. Every mother can, if she is so minded, avoid excessive labor, and hard lifting, and reaching up, etc. Very few females are so situated that they could not so favor themselves as to obey the laws of health a little more perfectly, if they thoroughly understood them. All can better avoid sickness than be sick; then, while under such circumstances, do not allow yourselves to become reckless, but be on your guard, so as to favor yourselves all you possibly can; and in thus doing, you will save money, time, and health.

Women, when they find themselves in a family way, generally observe no caution, but work all the harder, and even use other means for the purpose of bringing on abortion, and preventing an increase of children. This unnatural and wicked but too prevalent disposition results sometimes from a fear of the pains of child-birth; sometimes to avoid the necessary care and confinement connected with raising children; but oftener from a wish to escape the expense which the prevailing fashions and customs of society connect with a large family. The cost of a shattered nervous system, and of a body weakened and poisoned by powerful drugs, is not considered, because not understood until it is woefully too late. Hence the success of those quack advertisements imprudently professing to cure female diseases, but whose chief object is disclosed by the insertion of that hypocritical caution, "Be careful not to take this medicine during pregnancy, as it will be sure to produce abortion." This caution is just what they expect will make sale for their medicine, well knowing how greedily a medicine of that kind will be sought after by very many women.

DISEASES OF PREGNANCY, AND THEIR TREATMENT.

SINKING DOWN OF THE WOMB (*Prolapsus uteri*).—Soon after conception the womb increases in size and weight, and

sinks lower in the cavity of the pelvis, until about the fourth month, when, unable to be accommodated within its narrow limits, it rises above the pelvis, where it has more room. This low position of the womb, in the earlier months of pregnancy, occasions many disagreeable sensations, causing pain in the lower part of the back, sickness at the stomach, etc.

TREATMENT.—Inject with a female syringe a strong decoction of crane's-bill root and alum, twice a day, while lying down, which will astringe the parts, so as to raise up the womb, and cause it to be supported by its ligaments, which have become too much relaxed to support its accumulated weight.

COSTIVENESS AND PILES.

CAUSES.—This is generally caused by the pressure of the enlarged womb upon the lower bowel, or rectum. Costiveness, thus induced, at length becomes a cause of serious mischief. The lower bowel, filled and enlarged by its hardened contents, reacts upon the womb, crowding it still lower in its narrow quarters, and greatly increasing its excitability. The enlarged bowel and womb combined make constant pressure, sometimes upon the urethra or water pipe, causing pain and difficulty in making water, and always upon the ascending veins, checking the return of blood and producing congestion in the lower bowel, manifested by troublesome piles.

TREATMENT.—Let the liver sirup be taken in quantities sufficient to keep the bowels relaxed; or a sirup of equal parts of yellow, narrow-leaved, or water dock, rhubarb, and mandrake root should be taken sufficient to produce the same effect. Injections of a tea of mullein leaves is also good for piles, and an ointment made of tobacco ashes and fresh butter.

NAUSEA AND VOMITING (EMESIS).

Sickness at the stomach is a very common symptom consequent on a state of pregnancy. For this, a light diet should be used, avoiding as much as possible greasy meats, and food

which is hard to digest and apt to cause sourness of the stomach.

TREATMENT.—Take of the neutralizing cordial one or two tablespoonfuls, or enough to sweeten the stomach, as often as such difficulty occurs. If this should fail (which it seldom does), dissolve in strong vinegar all the salt that you can, then add a little tincture of cayenne pepper, or the pepper itself, enough to make it quite smart to the taste; of this take a teaspoonful every five or ten minutes until it is relieved, and afterward as often as nausea returns. This simple preparation, in my hands has stopped the worse case of vomiting in twenty minutes, after three celebrated physicians had tried in vain for two and a half days. A tablespoonful of saleratus or soda water taken often is very good; also a tea of smartweed, or of spearmint, or of rose willow bark, or of red-root pig-weed, or peppermint; or pour boiling water on fine camphor gum, or green grass, or wheat, and take a tablespoonful every ten minutes until relieved; or take half a teaspoonful of gum guaiacum, and repeat if necessary every half-hour. A mustard plaster on the stomach will sometimes relieve vomiting, and a small quantity of alum water is sometimes taken. Ginger or spice tea is frequently successful; also strong coffee without sugar is useful.

But most of these remedies will only answer for the time being, and not remove the cause. It is generally caused by a weak, bilious state of the stomach, and want of proper digestion; for which a potion of physic of the compound powder of jalap should be given, viz., two parts senna and one part jalap, with one sixteenth part of cloves, all finely pulverized, of which a small teaspoonful may be added to half a cup of boiling water, sweetened for an adult. The wine tonic is also very good to strengthen the digestive organs and assist digestion, and prevent nausea or vomiting.

HEADACHE.

When there is a sense of fullness in the head, with a giddiness, or dizziness, and plethora, a light dose of our common

physic should be given. The feet should be soaked in hot water and rubbed dry, and bathed with the stimulating ointment once a day until relieved. The head should be bathed with cold water, and a vegetable and spare diet should be strictly adhered to. But in no case allow yourself to be bled, which is so often prescribed by allopath quacks.

HEARTBURN.

This trouble is generally caused by an acid or sour state of the stomach, from want of proper digestion, and can be relieved by taking alkalis. The neutralizing cordial is very good, or a little soda and water, or magnesia, all of which are good to remove the effects. But golden seal or some good tonic bitters will strengthen the digestion and remove the cause, which will be better, where it is troublesome.

TOOTHACHE.

The toothache is an annoyance which is very frequently prevalent under these circumstances. It is caused, as a general thing, by a weak and irritated state of the nerves, throughout the whole system, more especially caused by the irritation of the womb and lower bowel. If it is very troublesome, a nervine should be taken, sufficient to strengthen the whole nervous system. The fluid extract of valerian, in half to one teaspoonful doses every one to three hours, is very good; or you may steep the valerian roots, or the American kind, known as lady's slipper root, which will answer a very good purpose. For local application, my pain killer is an excellent remedy to bathe the parts, also dampen cotton and insert in the tooth if it is hollow, or lay by the side of the gums; or you may use the oil of cloves alone in the same manner, or you may use my inhaling remedy for headache, by snuffing one teaspoonful up the nose every five minutes until relieved.

LONGINGS, AND MOTHER'S MARK.

Here, almost for the first time, I am obliged to confront the celebrated Dr. Beach of New York, who, after wisely remark-

ing that it is always desirable to gratify the peculiar longings of pregnant women, otherwise they are very likely to miscarry, when not indulged in them—all of which is very well—goes on to say: But that the child in the womb can be marked by any depraved appetite of the mother, or be mutilated by any disagreeable sight which may be presented to her, is doubtful. In my opinion, this is one of the accursed teachings handed down from olden times, through allopath bigotry. And even Dr. Beach, at the time he wrote his work, had not become entirely free from some of those old cherished notions of that old-school class of physicians in which he was educated, and from which he was a come-outer, because those old aristocratic know-everythings could not account for the peculiar psychological impressions from the mother to the child. They were ready to throw all the stubborn facts aside with a scorn which they were daily meeting with, just as they do the nervous diseases of females called hysterics, which, because they had not a remedy in the mineral kingdom that would cure it, they would try and laugh off their hands, by a peculiar shrug of their shoulders, and a knowing wink, and exclaim, "Fidgety, fidgety! give some bread pills," and in this manner leave the poor sufferer to struggle on, rather than be a man, and come out and say that there was one real disease at least which they did not know how to cure, viz., inflamed nerves.

The subject of longings I consider a matter of great moment, and hope I may be able in this work to give at least one small chapter on its *rationale*; but let it suffice for me here to say that those longings should be gratified to every possible extent. They are always the most troublesome with those who are of a nervous temperament, or those whose nerves are excited by this peculiar condition, hence are very impressible at that particular time, when the womb is calling upon the body for materials wherewith to lay out and construct the human organization, which is made up of all the kingdoms below us. Hence, a little of every material is wanted, and if it is not to be found in the system of the mother, there is a prayer sent forth to the mind of the mother for that

peculiar kind; and if it was not needed there, it would not be wanted. No matter how foolish that desire may seem to the husband, it is his duty to gratify it if it lies in his power, and under no circumstances to laugh at the mother for those peculiar appetites. How does he know what material is wanted in there? O Lord! how I have wished sometimes that he could be in her place for a few hours even, just to see how quickly all those appetites would be gratified, cost what they might.

About one year ago, I was attending a lady under these circumstances, whose nerves had become very sensitive to the calls for an assortment of materials wherewith to build a human organization. Her husband was not in a condition to supply those various wants, and she, like a true woman, made her case known to me. The article then wanted was pickles. And it was in the spring, and she had inquired over the city for them at all places where she dare do so. For you know how conscious they generally are in making their wants known at that particular time, for fear of being laughed at. After making her peculiar wants known to me, I set out in pursuit of some; at last I found a saloon-keeper who had a few, but did not want to sell them. I told him it was a case of necessity, and I must have them, cost what they might. They were pretty large and he consented to let me have six. After getting them I demanded six more, which I got; I then figured my change so as to have him throw in a few more to make it even. I then walked off with all I could crowd into a two-quart pail; I gave them to the woman in the morning, who before one o'clock had devoured every one of them without the least injury. The next day I offered to get some more, just for experiment. She declined, saying she had got enough, and would not eat another for a shilling. With her weak digestive organs, if she had eaten this amount at any other time, I believe it would have killed her, but at this time she suffered not the least possible inconvenience.

I once knew a lady in Calhoun county, Michigan, who imprudently attended a caravan while in this peculiar state. As she entered the canvas, the first thing which she saw was

a huge elephant, which stood so near as to frighten her very much. She almost fainted, and when she was delivered of her child some months after (which was born at seven months and did not live) the child had a proboscis, or trunk, for a nose, which was precisely in the form and proportion of that of the elephant, and was about two and a half inches long, and would coil up while it lived—which, thank fortune, was but a few minutes—just like that of an elephant. This was caused by fright or a psychological impression made upon the child as a camera would upon the plate.

I might go on and tell a hundred similar circumstances of deformity, mother's marks, etc., which would prove to any sensible, reasonable person that these peculiar longings are a want of some peculiar material in the system which does not there exist, with which to build up a human form, and which, if not provided, will leave an impression, appetite, or mark upon the offspring which remains, as a burning curse upon the parents, for trifling with such God-given laws, just because they do not and in some cases will not understand them.

In the neighborhood where I was born there was a little boy about three or four years old, who had always been a very puny child, and always appeared to want something which it could not get. Everything was offered to the little sufferer which could be thought of, but nothing appeared to satisfy that longing and craving for something. And to try to please and gratify the child, he was taken to the hay field where his father was at work, and set down by a large basswood stump where the father had left his coat and jug of water in the shade of the sprouts which surrounded the stump. Immediately upon being placed there, he screamed out with frantic delight, "Oh, I smell it! I smell it!" and with all the fierceness of a tiger pouncing upon its prey the poor child sprang to the roots of the stump and began to dig some colt's-foot snake root and swallow it, roots, tops, dirt, and all, with all the power he could muster; and he could not be taken from the spot by the surprised mother. She called the father, who consented that he might eat all he wanted, after

being implored by the mother to do so. They both dug and cleaned the fresh roots as best they could, and he devoured them as fast as they could dig for some time, until he got enough, which was an enormous quantity. And from that hour all the longing stopped, and he grew and thrived finely. The mother said she then remembered of longing for those roots while carrying him, and could not get them, it being in the winter while they were hard to be found; and the father thought it nonsense to be to any trouble to gratify such a depraved appetite; hence four years of suffering by the child and parents as a consequence; and it was all luck they then happened to be able to remedy the pending evil, even at that time. And who that notices such things has not seen almost hundreds of similar cases in his life-time; I know that I have; and some of them were shocking to behold. I now see a man from the country, who visits the city almost daily, who has all one side of his face of a dark purple color, like a slice of beef-steak, which the man says his mother tells him was caused by her wanting some fresh beef-steak, which she could not get.

If these penalties and curses could only be inflicted upon the fathers who ridicule their wives for such appetites, I would say, Amen; so mote it be! But this is not the case. The innocent must suffer to all eternity for the crimes of an ignorant, bigoted father. I am happy to state, however, that some fathers who are the most sympathetic with their wives have to bear some of their burdens, viz., being nauseated at their stomach from one to three months, in the place of their wives. This is just right; it does them good, and serves as an eye-opener to some of the sufferings which a mother has to endure in raising a family of children, to which, as a general rule, the father is perfectly indifferent. Some may get up a kind of horse-laugh over this, and pooh at the idea that the father can possibly suffer in this way on account of his wife. To a heartless wretch of a husband, who has no sympathy for his wife, of course this would not occur; but to those who are truly in sympathy with their wives, and of the right corresponding temperament, it frequently happens; for I have

experienced it myself in the raising of two of my six children; and although it was very harassing, yet I felt thankful that I could bear a part of the many burdens upon myself consequent upon the mother.

Almost all physicians will admit that in some cases, if these longings are not satisfied, an abortion is the result. Now, why should there be an abortion? Why, it is the simplest thing in the world to answer, when we truly understand the true condition of things, viz., that to create a human being, there must be represented, even in that small fetus, which perhaps for the time being may not be larger than a large pea, all of the mineral, vegetable, and animal kingdoms below us. And each lobe of the parent brain is also represented there, with all its peculiar and antagonistic dispositions; each and every part of all these must be fed with its own peculiar food, and if that food cannot be found in the blood of the mother, then that peculiar part of the organization dies for want of nourishment. And when any peculiar organ or part is dead, the combination or organization is broken up, and all will then break up and pass off by an abortion; or if it should be suffered to go on, a malformation is the sure result in the child, hence all the malformations and mother's marks which are so often met with are only a curse upon the world for a violated law in the first formation of the fetus. Then who will be so bigoted as not to investigate and understand these things? and who, after they are understood, will not obey them? None who have had a chance to understand these things, unless they are blind bigots, will sneer at these ideas. The reader may think, by reading my remarks on this subject, that my combativeness and destructiveness have just received a powerful inspiration, and as for themselves, they do not need quite such harsh and positive language. Let me say, by way of apology, that this is not so much intended for the common reader as it is for those aristocratic doctors who have been teaching the world these things. To them I would remark that I do not say half as much as I mean, or would say, if I could only say it to their faces. Some men, who pretend to know all about the human system, and the laws which

govern it, get into an influential position before the world, and then, because they cannot give any philosophy for such occurrences, they hoot at its effects, and laugh it off, rather than acknowledge their ignorance on the subject, when almost every old woman of the land positively knows that these things are so.

Then while under these peculiar circumstances (especially the first four months), you should be exceedingly careful of yourselves, and not behold any bad sight, or get suddenly frightened, if you can possibly avoid it; and if such an occurrence should happen, you should not let it prey upon your mind longer than possible. A very bad sight will not always do mischief; it is the peculiar effect which it has upon the nerves. If it comes upon you with a shock, or if you worry about it, it is much more likely to do mischief than if you laugh it off and forget it; for if the mind of the mother becomes sufficiently intense or positive, it will daguerreotype or stamp a psychological impression upon the forming fetus in the womb. If this is done about the time that the fetus is forming its outlines for the body, then a corresponding deformity may be expected in the fetus. But if it is not until the body of the fetus is formed, then only a mark upon the surface of the child can take place, or his mind may be marked by a hankering, etc., just in proportion to the peculiar circumstances of the age and development of the fetus, or the circumstances and force of the impression upon it by the mind of the mother.

A real deformity, then, cannot take place, I think, in the latter months of pregnancy, but a mark upon the surface can; still it would not be near as likely to as in the earlier months of pregnancy while the fetus is in the forming state. It is not every woman who becomes frightened under these peculiar circumstances that leaves a mark or deformity upon her offspring; but only a very few, who happen to be just in the right state of nervous excitement, when the fetus is just in the right state of development, to receive such impressions from such excitement. And I am thankful that the chances are so very small for such an occurrence, and that it so seldom hap-

pens. But for the profession and those who have had large experience in midwifery to deny the fact that they do happen in the above manner, sounds to me like foolhardiness and bigoted ignorance.

HYSTERICIS AND FAINTING.

These difficulties sometimes occur during the months of pregnancy. When such is the case, little more will be necessary than to lay the patient down upon her back, and give her a glass of cold water, with a little hartshorn in it. Also let her snuff some hartshorn up the nose, and allow fresh air freely to her person. In all cases, it will be necessary to unloose the clothes about the waist and neck. If very severe, rub them with salt and water, and use a stimulating injection of cayenne pepper and water; if this is not at hand, you can use common pepper sauce, one teaspoonful to a syringe full of water; also bathe and rub the chest with the same, and soak the feet in hot water; and by friction of the hands over the surface, try to equalize the circulation and call the blood from the heart to the surface. If the nerves are much affected, take one half to one teaspoonful of the fluid extract of valerian, and repeat every hour or two until relieved; or steep the roots of lady's slipper, and take sufficient to quiet the nerves. *Asafœtida* is also an excellent remedy, I think one of the best, and would be in more general use were it not for its unpleasant odor. A pill, the size of a pea, may be taken every two or three hours until relieved.

PALPITATION OF THE HEART.

When this affection occurs during pregnancy, it is usually from a disordered state of the stomach, which should be cleansed by moderate doses of physic. And fifteen or twenty drops of the tincture of *digitalis* (fox glove) taken in water, three or four times a day. But if it affects the head or stomach take less of it; you should also keep quiet, and avoid

excessive or sudden exercise and excitement; soak the feet in hot water, and bathe the feet and limbs in stimulating ointment.

SORE NIPPLES.

During the lasts months of pregnancy, particular attention should be paid to the nipples, especially by the young mother; as untold misery often results from sore nipples, and it is very necessary to use every precaution against them. The nipples are of course in an excitable state during the whole course of gestation; and at length become irritable and tender. Let them be daily bathed for three or four weeks before confinement with some astringent and cooling wash, as a decoction of oak bark, borax, or alum water, or a solution of tannin. The object of this treatment is to toughen them, and render them less susceptible, so that they may not be made tender by the after application of the child's lips in nursing. When a woman is peculiarly liable to this trouble, the further precaution of having them drawn by a breast-pump, or by some friend every day, during the last month, would be of great service.

At all events, let no pains be spared to guard against this evil; for sore nipples make sore breasts, and sore breasts make broken breasts, and broken breasts are terrible things; they make the mother sick; and if the mother is sick, the child is sure to be sick; and soon the whole family get sick and worried in taking care of them, and the whole business of having children and taking care of them is deprived of its peculiar joys and consolations, and brought into undeserved disrepute; whereas, if they had adopted the old adage, "that an ounce of prevention is worth a pound of cure," all these sorrows would have been avoided. And under wise and prudent management, there is something delightful to the young mother in yielding sustenance to her dependent offspring; for when her nipples are in a healthy state, she can say with the poet:

"As the starting beverage meets its thirsty lip,
'Tis joy to yield it, as 'tis joy to sip."

Another trouble is a want of a full development in the size of the nipples, which by the peculiar fashions are apt to be kept pressed by the clothes over them, and they are not allowed to grow to their proper size. Every caution should be observed to draw them out to their full size before confinement. It is well in all cases of a want of development of the nipple to wear a glass or metal nipple shield, which can generally be found at the drug stores, or be obtained through them of eastern dealers. But by no means neglect to have them developed to a good size before confinement; also allow the breasts plenty of room to grow, and do not keep them pressed and confined, but rub them often every day, through the last months of pregnancy, that they also may have every vessel well open and free, which will save much trouble after confinement.

Dr. C. C. Linsley (formerly one of my students), from North Brownville, Michigan, is now in my office, and tells me that he has always been very successful in removing all inflammation and soreness from the breasts by bathing them with oil of hemlock. My pain killer also is very good to remove the soreness by bathing the breasts three or four times a day, or if very tender, use the astringent wash to toughen them.

SWELLINGS AND PAIN IN THE BREASTS.

Sometimes the breasts become swollen, and very painful. To obviate this, great care should be taken that the dress is not too tight over the breasts. If not very bad, a wet cloth worn over them will soon remove the trouble; but if this should fail, bathe them with my pain killer, or with the oil of hemlock, or mix equal parts of oil of sassafras, sweet oil, and spirits of camphor, and shake before using, and apply as often as you can bear, at the same time wear a fold of wet cloth, especially at night.

CRAMP IN THE STOMACH

If this should occur, as is often the case at this time, take one teaspoonful of my pain killer in water, and repeat if

necessary in ten or fifteen minutes. If this should not bring relief, take one teaspoonful of tincture of lobelia, or a very little of the tea from the herb. If these are not at hand, give a little of blue cohosh, or of skull cap, or lady's slipper root, or camphor, or asafoetida, some of which should be found in every household, and either will be good. But what is still better, would be for the patient or some friend to rub the stomach with the hand light and quick, so as to create a heat under the hand by friction. I have never failed in this way to relax the whole system in a few minutes, when the cramp proceeded from the stomach.

CRAMP IN THE LIMBS.

If cramp in the limbs occurs while in bed, you should press your feet flat against the foot-board as hard as you possibly can, until you straighten your limb; this will generally relieve instantly. If it occurs while upon your feet, put them in hot water as soon as possible and rub them thoroughly with the hand; also apply the tincture or tea of cayenne or red pepper, or the stimulating ointment well rubbed in. If it should prove an annoying symptom, you should soak the feet often and use the stimulating ointment sufficiently to create a glow of heat in the feet and limbs all the time, which will perfectly overcome the difficulty.

SWELLING OF THE LIMBS.

Under these circumstances there is often a puffy swelling of the limbs in the latter months of pregnancy, particularly towards evening. For this symptom, take one teaspoonful of the diuretic tincture, composed of equal parts of sweet spirits of niter, and the essence of juniper and wintergreen; repeat the dose four to six times a day, or often enough to cause a free discharge of urine; also soak the feet in hot water often, and bathe the body all over with the magnetic ointment at night on going to bed. If this should not relieve in

a short time, steam the limbs or parts with bitter herbs, or bind on fomentations of the same as hot as can be borne, and change often.

SWATHING.

In advanced stages of pregnancy much assistance is sometimes gained by swathing the bowels with a broad bandage put around and laced moderately tight or pinned. Healthy and vigorous women, however, need no such assistance; it is chiefly applicable in cases of debility.

WAKEFULNESS.

Where there is a want of sleep or wakefulness, take half a teaspoonful of fluid extract of valerian, or a teaspoonful if necessary; also an anodyne fever powder of four to six grains, on going to bed; or take the tincture or tea of hops, and have proper exercise through the day. It is generally a nervous affection, and caused by over-exertion, for which moderation in labor and any of the various nervines and anodynes are good.

SUPPRESSION OF THE URINE.

Should suppression of the urine occur, take of the diuretic tincture a teaspoonful in water every one or two hours until relieved; also, lay cloths wrung out of hot water across the lower part of the bowels, as hot as can be borne, and repeat often for two hours; also, take a sitz-bath, by sitting down in a tub of as hot water as you can bear. If this fail, use a female catheter to draw off the water; if you cannot obtain one in time, take a goose quill and cut a hole in the side near the end of the quill, then another on the side near the other end; oil it over, then insert into the bladder carefully until the urine starts. This the female can do herself, or she can have an assistant. There is no danger. A small-sized quill would be preferable. But the diuretics and hot applications seldom fail. Where it is not convenient to

apply hot cloths, you can heat a brick hot and apply to the lower part of the bowels, with a wet cloth under it; this will form a hot steam in a minute.

FALSE PAINS.

False pains, very closely resembling true labor pains, will sometimes occur in the latter months of pregnancy, and cause unnecessary alarm. If such pains should come on, and you think that your full time is not up, lie quietly in bed, and take my pain-killer, a teaspoonful in hot water, every fifteen or twenty minutes until relieved; also, take one of the anodyne powders every two hours, and take sweating teas, and keep quiet, and they will soon pass off. If by any means, from over-labor or accident, they still continue and cannot be stopped, then see that the child is presented right, with the head down and the face toward the backbone; if it is not, the patient herself, or nurse, or midwife, can gently turn it around by pressure from the outside, and by the mother turning from one side to the other. Occasionally make an examination with the forefinger up the vagina or front passage to see if the head can be felt; if so, let the labor proceed as directed under that head on another page.

FITS OR CONVULSIONS.

It is not an unusual thing in advanced stages of pregnancy for fits or convulsions to occur, as well as in natural labor. They generally arise from fatigue or over-exertion, or where the nervous system is predominant. If the cramp proceeds from the stomach, which is generally the case, then rub the stomach lightly and quickly with the hand for a few minutes, which will generally relax the whole spasm in a short time. At the same time give a teaspoonful of the tincture of lobelia, and repeat every five or ten minutes until the system becomes relaxed. If this is not at hand, give blue cohosh, blue skull cup, or a tablespoonful of strong tea of tobacco—all

of which are powerful antispasmodics, especially the lobelia and tobacco; either will relax the spasm in a very few minutes. A pill of opium the size of a pea is often given, or a teaspoonful of laudanum; but I consider the above antispasmodics best if they can be obtained at the time. A teaspoonful of camphor spirits is good. The feet should be soaked in hot water if it is possible to do so while the fit or spasm is on; and spirits, rain-water, and vinegar, mixed, should be applied to the head. A warm bath is a powerful remedy for convulsions, and an occasional use of them is a good preventive when they are subject to them.

CAUTION.—Never become frightened in a case of convulsion; if you allow yourself to become much excited, you are apt to forget all the best remedies which you ever knew until after the fit is over, and they would be of no use to you. But in all cases of convulsions unloose the clothes if they are tight, and rub the stomach, just at the bottom of the ribs, with the hand, hard and quickly for a few minutes; and if this does not relieve, then get the patient's feet into a pail of warm water, and administer lobelia, tobacco tea, or some of the above remedies to relax the system; but rubbing the stomach is generally sufficient.

COUGH.

A cough is sometimes present, and very annoying. This is often caused by the upward pressure of the diaphragm against the lungs, by which they are irritated and convulsed. For this take freely of my cough sirup, or any other good preparation which you may select. For a tickling in the throat, the juice of blood-root, taken in half-teaspoonful doses, or less, is a good remedy.

VARICOSE VEINS.

These enlarged or varicose veins cannot always be cured during pregnancy, but can always be relieved by bandaging the limbs from the toes up as high as they may appear,

or by wearing elastic stockings; also by binding on cloths wet in a strong astringent tea of crane's-bill root and alum, equal parts. The coating of the veins becomes too weak at this particular time to stand the extra pressure of blood, hence they give way and become much enlarged; but by bandaging and binding on astringents the absorbents will take it up into the circulation, which will astringe and strengthen the veins, so as to greatly assist them to keep their proper dimensions.

Some of the old-school or allopath doctors, if permitted, will bleed for this complaint. But to any sensible mind this must look like bad practice, as the system is too weak already to give sufficient strength to the veins; and by drawing out the life current, and weakening the whole system, it cannot be of real use; for when they become filled again in a few days, the trouble is all the worse; and it is like a man getting out of debt by paying fifty per cent for money to do it with. The trouble still increases, and so will your doctor's bills, while the power of the system decreases in a like proportion.

ITCHING OF THE PRIVATES.

When the private parts become troublesome with itching, which is frequently the case, mix half an ounce of borax, finely pulverized, and six grains of morphine with six ounces of rose water, and if that cannot be obtained, use rain water; this you may use as a wash to the parts often, or wet a cloth with the same and bind it on the parts.

At the same time you should take of the diuretic tincture a teaspoonful three to six times a day, or enough to keep the urine free. If this does not relieve in a short time, take a sitz-bath, by sitting down in a tub of water as hot as you can bear, after putting in some saleratus or soda, or weak lye sufficient to make the water a little slippery to the fingers. In this you may sit for twenty or thirty minutes, by adding hot water every ten minutes to keep up the heat as hot as possible. Then rub the parts dry and bathe freely with the magnetic ointment, or oil of cream.

MISCARRIAGE, OR ABORTION.

Miscarriage, or the expulsion of the fetus from the uterus before the seventh month, is called abortion; after that, premature labor. It is counted most commonly to occur between the eighth and twelfth weeks of pregnancy, but may happen at a later period. My experience has been, that at about the third or seventh month it is the most likely to occur.

CAUSES.—The natural or accidental causes are generally the result of over-labor, hard lifting, frights, strains, falls, excessive purging, etc.; but in too many cases it is the intentional result of powerful emmenagogues, viz., fluid extract of cotton root, blue cohosh root, or the extract which is called *caulopyllum*; or by the oil of tansy, taken in ten-drop doses three times a day, and gradually increasing; or by the use of a crooked piece of wire entered into the uterus so as to rupture the sac which incloses the fetus, and allow the waters or shows to pass off, and thus bring on abortion—all of which is very unsafe and dangerous. I am sorry to say that for the past three years, in Grand Rapids, I have had, on an average, two applications a week to produce an abortion, and mostly from those in married life, where such an outrage is entirely uncalled for.

There may be cases, however, where there is a malformation of the pelvis bones, when a physician would be justified in resorting to such measures; but this seldom happens. There are others, again, when innocent girls of good character are betrayed by sophistry and the powerful magnetism of the opposite sex into these conditions; and this, to a man of sympathy, with all of the entreaties which none but an innocent and injured female can so well make, will sometimes persuade the physician to use an instrument or medicines to save the poor sufferer, and snatch her, as it were, a brand from the burning shame of an ignorant society, who, as a general rule, will bless the male, and call him a good, smart fellow, and allow him in the best circles of society; while at the same time they will curse the innocent female, and drive her

by their frowns into a house of ill-fame, it being the only place where she can obtain means of support. And this is generally done by her own sex, which should be the last to cast the first stone at her moral character. I can only excuse myself at this time for not saying more on this subject by promising my readers to free my mind on this subject in another part of this book.

In cases of abortion in early pregnancy, or before three months, the flowing will commence about the time of the labor pains, which is caused by the shrinking of the uterus, which peels off the placenta, or after-birth, from the womb; hence the flowing first, when all will come away together; but after three months, the fetus is generally expelled first, and then the placenta.

SYMPTOMS OF ABORTION.—Pains in the back, loins, and lower part of the abdomen, flowing, and sometimes flooding, a discharge of waters of a pink hue and of a slimy nature; sickness and nausea at the stomach, more or less of anxiety, fainting, softening of the breasts, chills or shiverings, palpitation of the heart, pain in the inside of the thighs, opening and moisture of the womb, coldness of the feet and limbs, a puffed-up condition of the eyelids, which are more or less purple, shooting pains in the breasts, and bearing-down pains in the lower part of the bowels, which come and go, and at length take the character of real labor pains. As these pains increase, blood begins to appear, and sooner or later, by the shrinking of the upper portion of the womb and the relaxation of the lower part, the waters break, and soon the fetus is thrown out. And if it is in the early months of pregnancy, and sometimes in the later months, excessive floodings follow for some time, caused by a want of shrinking of the womb, so as to close up the blood-vessels; if this is the case, an astringent injection with a female syringe should be immediately used every fifteen minutes, with cold wet cloths laid over the lower part of the bowels.

TREATMENT.—Where the symptoms are slight, nothing more is required than a little caution for a few days, and rest in a horizontal posture, using cold drinks, and for two or three

nights the anodyne fever powders on going to bed, or by taking a very small pill of opium, or a teaspoonful of laudanum. I would advise my pain killer in place of the opium, or try it first; and it may be well to put a mustard poultice low down on the back. Still, if the symptoms of miscarriage increase, take a teaspoonful of my pain killer in water every twenty minutes, until relieved; also bathe the back and bowels with the same. And if flowing commences, inject with a female syringe some strong astringent tea. I generally use crane's-bill root and alum, half and half, or either one is good. Tannin is also good. Alum and honey is sometimes given every half-hour, internally; also lay cold wet cloths on the parts, and ice would be all the better. After the flooding stops, you should stop using the astringent injection, and remove all the hard clots of blood from the vagina with the finger, and not suffer them to remain there and produce inflammation. But after using all known means to prevent an abortion, and the symptoms still increase, then, especially in the latter months of gestation, you may suffer it to go on. If the waters have broken, there can be no expectation of preventing a miscarriage. And where there is reason to believe the fetus dead, by the softening of the breasts, the morning sickness gone off, and the motion of the fetus stopped, and a softening and enlargement of the neck of the womb, etc., it will be proper then to encourage it by manual assistance. If, on the other hand, females of a delicate and irritable habit, rather deficient in blood, be subject to abortion, or where this accident is threatened by profuse evacuations, and other debilitating causes, it may more probably be prevented by a diet, nutritious yet easy of digestion, with tonic and strengthening medicines, and the use of the tepid bath. You should attend, at the same time, to the state of the bowels, and give anodyne if pain attend, and carefully avoid the exciting causes.

When a woman has suffered several abortions, it becomes almost impossible to avoid a repetition at the same period of gestation in a subsequent pregnancy; hence every caution should be used to prevent this catastrophe. Nothing will be better in preventing an abortion than to allow the uterine

vessels to resume a healthy tone. This can be done by giving gentle diuretics, and good stimulating tonics; you should attend to particular symptoms, as they occur, with proper diet and exercise, and use moderation at all times.

FLOODING.

As I have already observed, I will again state under this head, that the worst cases of flooding can be stopped in an hour by using astringent injections every fifteen minutes; where it is severe, they should be made of half a teacupful each of crane's-bill root and alum, steeped half an hour; make half a pint of the tea, and inject a female syringe full every fifteen or twenty minutes, and let the patient lie in bed with the head as low as convenient, and put a jug of hot water to the feet, or hot brick or stone, all of which are ten times better than a hot flat-iron which is always so much used; still even that is better than nothing. For any internal hemorrhage, give a tea of mare-tail, or fleabane. It will stop it in twenty to sixty minutes. It possesses an oil, which is kept in drug stores, and known as *erigeron Canadense*; ten to twenty drops is a dose, every fifteen to sixty minutes, according to circumstances.

The alum and crane's-bill are both good alone, or you may use tannin or sweet-fern leaves, or witch-hazel leaves or bark, or oak bark boiled strong; hemlock bark is also good, or raspberry leaves, or any good astringent injection, which carries the astringent properties right to the parts where they are needed, and where they will take immediate effect, without injuring the system, as most efforts do where medicines are given by the stomach. I have had a vast number of severe cases, and many where other doctors had given them up to die; and in no case so far have I failed in stopping it in one hour's time, by taking the above course. I have had three cases within the past two years so low that within a few minutes after I entered the house they stopped breathing, and were pronounced dead. I would hold the nose tight with my thumb and finger, and place my mouth over that of the

patient as tight as I could, and draw in my breath and blow the lungs full, and press upon the chest until it was thrown out; then repeat the operation a few times, when the patient would begin to breathe, and by getting down some quinine and spirits of some kind as a stimulant, I have never failed to revive the patient. One patient, a Mrs. Breese, of Otsego, Alleghany county, I brought to in this manner three times in one night; I arrived there at eleven o'clock at night, and at nine o'clock the next morning I left her quite smart, and able to converse freely, and in a few days she was up and around as smart as ever. You should never become so frightened as to give up your efforts to save life, although you may seemingly work over a dead body for an hour, and yet bring them to life. I lost at one time, while I was in the West Indies, by the accidental discharge of a gun, the bullet passing through the left lung, fourteen quarts of blood in half an hour, in the year 1851, and am still aliye to record the fact.



CHAPTER V.

REMARKS ON MIDWIFERY, HUMBUGS, ETC.

There is no subject connected with the interests of women where more real ignorance is manifested than on the subject of midwifery. Almost all of them are under the impression that labor is completed more by art than nature. Hence the most noted *accoucheurs* are employed to attend, during this interesting period, and professional men in general have no wish to undeceive them on this subject, as their interest is so much concerned. And while there, they have a chance to humbug the mother and attendants with such a wonderful splurge as they generally cut. It is laughable and ludicrous. They will sometimes run their horse, especially if it is daylight, so they can attract great attention, and set people to inquiring what on earth is up, just as if their immediate attention was the only salvation for the innocent and unsuspecting mother. When they enter the house every attendant, who was already doing all that was necessary to be done, is at once awe-stricken, and bows with holy reverence and submission, and stops all further assistance. He immediately puts on his sacerdotal robe (a loose gown), and proceeds to the bedside, and takes the patient by the hand and feels the pulse with all the sanctimony of a monk. He then goes through with a thousand and one useless ceremonies, by way of examination, and tortures the poor patient, whose pains, which were true and regular before he arrived, now flee to the winds under the unnatural excitement of a strange man taking such

undue liberties with her person. Thus the whole process of natural labor, which was going on finely, is cut short by the excitement and fear in his presence and all the pains stop. This delay is not for his interest, as he is sure of his five, ten, or twenty dollars, kill or cure. Besides this, he has a desire to show them how quick he can do up the business, and be off ready for another job. Also to make them believe that medicine must be administered in such cases, to secure a quick delivery. He then begins to give *ergot* (spurred rye) in some form or other, to bring on the pains, which it is sure to do, to the greatest possible extent of nature. This forces the fetus down faster than the parts can naturally relax, and the child is literally squeezed to death by the over-exertion of the uterus, not being quite able to produce a birth while the effects are on; then comes on a relaxation of the efforts of the womb, and one excess causes another in the opposite extreme, and a general cessation of its efforts intervenes, leaving the head of the child far down the straits of the pelvis, and there it is left, and a second effect of the spurred rye can hardly ever be gotten up as well as at first. Then on come all the fears and horrors of the patient and attendants, and with it, comes the doctor with his instruments to mutilate and destroy not only the child but the mother, who, if she should escape all the butchery of the doctor, and finally make a live of it, through a long, tedious sickness, the doctor is ever after that occasion labeled skillful for carrying her through. While if the doctor had been locked up in his wood-house chamber at home for two hours longer, before he started to see the patient, the old midwives would have had a nice fat boy to dress and present to the happy mother, who with the usual care of a good nurse would have been up and around the house, about her usual domestic duties, in a week or ten days. But the doctor—poor fellow!—would be minus of that long bill, and the pride of that great splurge which attracted so much attention in the neighborhood, and which gave him a chance to get acquainted with every woman's peculiar circumstances in the vicinity, and about where to cozen in for a similar job in a short time, after making due memorandum of the same, with the date when to

expect a call. And how very pleasant they always are to ladies about that time; and if you want to coax any favors out of them, that will be the very time to do it, for you will find them very yielding and obliging, while expecting such a grab at the purse-strings of the husband.

I can say with Dr. Beach of New York, in his Reform Practice of Midwifery, that I have often been astonished to see the credulity and ignorance manifested on these occasions. Thanks and blessings have been poured upon me under the idea that I had saved their lives in labor, when I had merely looked on and admired the perfectly adequate powers of nature, and superintended the efforts of her works; it is nature that accomplishes all, while the *accoucheur* gets the credit for it. He goes on to say there is not one case in a thousand where you can do more than to remain an idle spectator, except to calm the fears of the ignorant and timid attendants. The mischief and injury which are done by the untimely interference of art are incalculable.

In pregnancy, women are bled until they have not strength enough to accomplish delivery; and when it takes place, the forceps or other instruments are used, which often prove fatal to the mother or child, or both.

Were all women properly instructed in this branch of business, many lives would be saved; and it is in this branch that I wish to see a reform, as well as in other branches of medicine; but the circumscribed limits of this small work prevent me enlarging upon this subject. All women ought to be instructed in midwifery, and those who are of a proper turn of mind should be well qualified to act in the capacity of midwife. No man except the husband should ever be permitted to enter the apartment of a woman in labor, excepting in consultation, or on extraordinary occasions. The practice is unnecessary, unnatural, and wrong.

I have had a large experience in midwifery, and have very often been found fault with by the attendants because I did not do something more—supposing that the act was to be accomplished by art, and not by nature. I have universally had the best of success, never having any serious trouble in all

my experience, and never but three times in my life found any obstacle to hinder a free, natural labor. One of these cases was a young mother only sixteen or seventeen years of age, who had been kept in labor for thirty-six hours, under the charge of a physician by the name of Knoley, who, not understanding the business, had got frightened and left her, refusing to go back except I be called as counsel. I went, and got there first, and examined the case, and found that the water-bladder, which is very strong in young mothers, had part of it protruded in advance of the head, and being too strong to break, it had stopped the progress of the birth for a time. This I ruptured with the finger-nail, and got a birth in fifteen minutes, much to the gratification of a dozen females, who did not have the confidence in the presence of an ignorant doctor to make the proper examination and do it themselves, because they had been brought up to suppose that the doctor knew it all, because he could use Latin phrases, and that they could not possibly know anything about it; hence all the pain and excitement for twenty-four hours, which might have been relieved in one minute by either one of them if they had thought it possible for them to know anything at all about such matters.

Who is there that will reflect about their own town that cannot count up scores of cases where this horrid butchery has been practiced, and the death of the child or mother, one or both, has been the result of this great hurry to force nature faster than her own sure laws would dictate; and all this with noted midwives—physicians who have stolen the name from females, as well as the business? They should be called mid-husbands, or mid-butchers. What proportion of deaths would be a fair estimate in the hands of a good female *accoucheuse*, where they always give plenty of time to the mother, their labor being cheap? From the best of my judgment, they would not lose one case in a hundred, if left to themselves. But what can we say of these college gents who put on so many airs? I think the most of them lose one case in ten, and the balance they mutilate in some way, either by harsh treatment or harsh medicine, which prolongs their confinement

and sickness to three times its natural course, until the business of having children has become a fearful dread; hence so many produce abortions rather than go on with natural labor.

LABOR, DELIVERY, ETC.

The expulsion at full term of the child, the after-birth, the membranes, and the fluids, constitutes labor, or delivery. It is supposed to occur about two hundred and eighty days after the last menstruation, but authors reckon it differently; in truth, it is not possible to fix the time exactly, for it evidently varies in different cases.

After seven months of pregnancy, the fetus has all the conditions for breathing and exercising its digestion. It may then be separated from its mother, and change its mode of existence, and live; still the circumstances are against it when expelled at this premature age. Child-birth rarely happens at this period; most frequently the fetus remains two months longer in the uterus, or until the full expiration of nine months. Examples are related of children being born after ten full months of gestation; but these cases are very doubtful, as it is extremely difficult to know the exact time of conception. The legislation in France has fixed the principle that child-birth may take place at two hundred and ninety-nine days from conception.

Nothing is more curious than the mechanism by which the fetus is expelled. Everything happens with wonderful precision; all seems to have been foreseen and calculated to favor its passage through the pelvis and genital parts.

When the time of her lying-in arrives, let every woman meet it with calmness and undoubting confidence. There is every reason to encourage this state of mind. Think of the vast multitudes of people in the world—each one once existed in the womb of the mother; and successful delivery is the rule the world over, and it should be the rule to confidently expect it.

In the midst of the pains of labor, nothing does more to bring a favorable result than courage and patience. Patience

is able calmly to survey all the difficulty before her, because she never attempts to encounter but one thing at a time. There is much philosophy in the story of the discontented pendulum to the clock, which got discouraged one morning by reflecting how many million of times it would have to swing during succeeding years; but became reassured upon considering that a single stroke cost but a trifling effort, and that it really had to make but one at a time. So it is with the mother in labor; her pains, which are really severe and agonizing, will become comparatively tolerable if the whole attention of the woman be confined to that one pain, and her whole stock of courage and patience be brought to bear upon only one pain at a time, in the place of considering those of a long period in advance.

What a blessing it is, and how beautiful and perfect has nature arranged it, that there is always a time of rest between the succeeding pains! At this time nature is busy in secreting a mucilaginous fluid in the parts which are being so peculiarly taxed, so that when the next effort comes on they will stretch a little further; and so on, by degrees, the seeming impossibility at first is finally accomplished by this never-failing law of nature, except it be counteracted by the interference of what is termed medical skill.

We see a similar law manifested in the snake in swallowing a large toad. His continual efforts will soon accomplish a feat which at first would seem impossible; still, he always takes it leisurely, and is never in a hurry, well knowing that extra force would prove destructive to his throat.

Let the mother resist a temptation to haste. Nature will often proceed more evenly if allowed to take her own time. A hurry to get through is a great obstacle to a successful delivery; it always puts things back.

SYMPTOMS OF LABOR.

One of the first indications that labor is about to begin is that the woman finds herself smaller, the child having sunk down lower in the abdomen, and she accordingly breathes

easier. The genital organs become relaxed and moist, and mucus escapes, which is called "the shows." The woman finds herself disposed to be nervous and fidgety and a little depressed in spirits. When labor has fully set in, it is marked by lowness of spirits, flushes of heat and cold, a great desire to empty the bowels and to make water, and grinding, cutting pains, which grow stronger and more continuous, with intervals of ten or fifteen minutes ease between.

Vomiting in the early stages of labor often occurs, and may be regarded as favorable—indicating the opening and softening of the mouth of the womb.

NATURAL LABOR.

When called to a woman supposed to be in labor, you should first ascertain whether her pains are true or false; this may be easily known by a little inquiry. If the female complains of flying or unsettled pains about the system, occurring mostly about evening or during the night, and being slight or irregular, it may be taken for granted that they are spurious, or false pains. If these symptoms prove troublesome, take my pain killer every hour until relieved; or an infusion of hop tea may be taken, or an anodyne fever powder occasionally. It may be necessary to give laxative medicines, or an injection with a little laudanum, about a teaspoonful to a syringeful of water.

True pains may be known by being more concentrated in the lower part of the belly, through the loins and hips; and they will increase in regularity and force, returning every ten or fifteen minutes, and leave the woman comparatively easy in the intervals. When the pains become regular and severe, there is a discharge of slimy matter tinged with blood, known by the name of shows. At this period of labor it will be proper for the lady who attends the labor to examine, in order to ascertain what part of the child is presented, which may be done by lubricating the index finger with oil and passing it up the vagina to the part which presents itself, and

the sense communicated to the finger will determine the nature of the presentation. In ninety-nine cases out of every hundred it will be found to be a natural presentation—which will be with the head down, and the face toward the backbone.

With this kind of a presentation of the child, very little will require to be done by the assistant female, except to encourage the mother with her bright prospects of a safe and speedy delivery, and to keep her properly stimulated by a little composition tea, or weak sling made of some good spirits, and to have her hold in her breath and press down when the pains come on, with all the resolution and courage she can muster. In this way she can assist the powers of nature to force the child along its narrow passage much faster. After knowing that the presentation is right, further or frequent examinations will be useless, except to determine the progress made; but some will even be prying and pressing the parts with the fingers, and are ignorant of the fact that all such unnecessary intrusion tends very much to stop the natural discharge of mucus in the parts, to keep them dry and hinder the labor. But some, under the false pretense of making themselves useful, are eternally irritating the parts with their fingers. It is impossible to censure this dangerous practice too severely; it is always wrong.

Dr. McNair, in speaking on this subject, says that in natural labor there is not one case in three thousand where the least possible assistance can be rendered. He also says that some physicians, through inexperience or ignorance, in attempting to rupture the membrane, are very liable to rupture the bladder and render the patient miserable for life. And there are crafty physicians who succeed in causing the alarmed female to believe that it would have been altogether impossible for her to have got over her troubles without his assistance; and for the purpose of making it appear that his presence was absolutely necessary, he will be continually interfering, and sometimes with his instruments, when there was not the least possible occasion for it. And Dr. McNair goes on to say that it is his confirmed opinion, after forty

years' practice, that there would be much less danger in cases of confinement if they were intrusted altogether to females.

Dr. Rush also says, in speaking of child-bearing among the Indians, that nature is their only midwife. Their labors are short, and accomplished with very little pain. Each woman is delivered in a private cabin, without so much as one of her own sex to attend her; and after washing herself in cold water, she returns in a few days to her usual employment; so that she knows nothing of those accidents which proceed from the carelessness or ill management of doctors or midwives, or of the weakness which arises from the confinement of a month in a warm room.

Dr. Whitney remarks: "I have had many cases where I found the attendants alarmed, and some in tears, from supposing they should have had help sooner, fearing the worst consequences from delay; but admitting that the doctor knew best, they would wait calmly for hours, when in nature's own time all ended well. And I pledge myself as a physician, that all honest doctors will tell you that labor is the work of nature, and that she generally does it best when left to herself."

Dr. Stephens, who resided twenty years in South America, among the Indians, says that a mother, immediately on her delivery, takes her child, and going down to the nearest stream, washes herself and it, and returns to the usual labor of her station.

Lewis and Clark, in their well-known journal, also vouch for the same incidents among the Indians. And I claim that what is true in nature among the Indians is true with our own race, the only difference being the effect of custom and fashion.

TREATMENT OF LABOR.

Having freely expressed my views and the views of others in regard to who are the proper persons to assist in parturition, and the necessity of depending on the great resources of nature to accomplish delivery, I will now proceed to give

such instructions as will guide the female in all the usual cases of labor.

When you find that the presentation of the child is right, as before described, with its head down, and the face to the back of the mother; and if by chance the face is not so, if the head is down, the labor should be allowed to go on. I have had several such presentations, without much hinderance or trouble; it only requires a little more patience in some cases. When it has been ascertained that the labor is natural, and that there are no impediments or obstacles, there will be little to do than to superintend the person. It will be necessary to give instructions to the attendants to make suitable preparations, and have everything required in readiness.

The woman may be delivered on a bed or cot, as is most convenient. If on a bed, all but the mattress may be taken off, or turned up to the head. Still if it is the choice of the woman, the feather-bed may be left on, although I think it is rather in the way, except you have an oil-cloth about a yard or more square, to use over it. All should be so prepared that the moisture from the uterus will not discomfort the woman. A dressed skin, oil-cloth, or folded blanket may be placed on that part of the mattress on which the body of the woman is to rest. A coarse blanket folded within a sheet ought to be laid immediately beneath the patient, to absorb the moisture, which must be removed after delivery; the rest of the bed-clothes are to be put on in the ordinary way. The woman, when she is no longer able to be up and around, may lie down with her head elevated in any position which is most desirable. She should put on such underclothes as she wishes to use after her delivery, and slip them up under her shoulders and around the waist, so they will not get stained. This will prevent the necessity of her getting up after her confinement to change her linen. Also put on such under-sheet as you wish to remain there, and by using the oil-cloth and folded blankets over it, when she is through, these can be drawn out, and all the moisture with them, and a clean, warm cloth wet with camphor laid to the parts, and her underclothes pulled down, and save the trouble of getting her up afterward for this

purpose. In this manner she can have immediate rest in a clean dry bed, which is always so much desired.

As to the position of the woman when she is to be confined, different writers give different directions. Still I prefer that she should lie upon the back. It is the most convenient both for the woman and for the midwife. But many of the older writers recommend the woman to lie upon her side, with a pillow between the knees. This I consider unnatural and wrong, for obvious reasons. It retards the labor pains, and prevents the midwife from properly superintending the progress of the labor. The pillow between the knees soon gets out of place, by the motion and change of the female, and the legs, instead of being kept apart, are again brought in contact, and thus the passage of the child is obstructed. But when the female is placed upon her back, this difficulty is obviated, a free passage is permitted, and the pains are more effectual, and the spine is better supported, and better access can be had to the parts during labor and after the delivery of the child. In short, there is a decided advantage in this position in every respect.

The dress of the woman should be light and simple, and a sheet should be placed around her waist, to prevent the bloody excrements or water from coming in contact with her linen or the bedclothes. Everything thus arranged, very little will be necessary to be done but to wait patiently the efforts and operations of nature. It is well to fasten a sheet by the corners around the bed-post, so the female may brace her feet against the foot-board, or a board put against the spindles at the foot for that purpose, and to pull back on the sheet when the pain is on, as this will relieve the attendants of much labor if they attempt to hold her by the hands to pull. With this arrangement, one or two assistants are all that is necessary.

There should be but few attendants in the room, and these should in no case whisper to each other in the presence of the woman, which only tends to excite her fears and doubts. All the conversation should be in a cheerful tone to inspire the woman with confidence, for she at this time above all others will notice well the expressions of her friends around

her, and if she sees fear or gloom pictured on their countenances, it tends very much to deprive her of what little confidence she had been able to muster for the occasion; or if she hears whispering, she is quite sure it is something about her which they did not want her to hear, and this will work upon her fears, and tend very much to discourage her.

Every humane midwife will use every ingenious effort in her power to inspire the woman with confidence, and quiet her useless fears, and comfort and console her excited nerves and mind. Nothing is more detrimental to the patient than to have half a dozen frightened and hysterical women telling woful tales of other women in their confinement, and of awful disasters which have happened. My course has always been, in the presence of women who do not know better than to talk such stuff as that in the presence or hearing of the patient, to order them right out of the room at once, or have them stop such silly gas. No sensible woman will do so. But there are often those present who have large self-esteem and love of approbation, and small caution, and large marvelousness, with active language, and are prone to keep up a clatter about some awful circumstance which took place, and to which they were called. A few such women present, each one trying to vie with the other in obstetrical skill to see who can spin the most woful yarn, and that in the presence of a weak, feeble woman, where the labor is of a lingering character, is always to be considered an unfortunate circumstance; and my course is always to make short work of it, and scatter them at once, or make them stop such nonsense; for it is better to offend such shell-heads than to risk their influence upon the weak nerves of the patient; therefore discretion should be used in selecting good, sensible, and discreet midwives to attend, those of good sound judgment, and who will not become panic-stricken at trifles.

When pains become severe and quickly succeeding each other, the midwife, or person who officiates, should sit by the side of the woman, and upon every severe pain should keep her hand upon the parts, even though no manner of assistance can be afforded; and occasionally when the head of the child

presses hard, it may be gently pressed or touched with the longest finger, in order to ascertain the part that presents and the progress of labor, as well as to give from time to time suitable encouragement. Not only so, in the last stage of labor the hand may be kept near the parts to know the moment when the head of the child is born, as at this moment they should support the head with one hand while with the forefinger of the other they should immediately examine to see if the umbilical cord, or navel string, is around the neck of the child, for this is often the case, and sometimes twice around. If this is the case, you should take hold of it and draw it up and out, and pass it over the child's head to its proper place as quickly as possible, and before another pain comes on to throw the child down so far that it cannot be done, and thus choke the child to death.

Again : the hand should be kept to the parts at this time, to prevent any obstruction of the bedclothes, and to support the head of the child, to keep it from dropping down too low ; and at this time or a little before, if a bladder of water should present itself and appear to obstruct the labor, you should hook your forefinger against it and break it, thus giving more room for the child to pass. This sometimes needs to be done with young mothers. When the head is born, if more than two pains should not succeed in throwing out the shoulders, you can pass one finger up under the arm of the child and thus assist gently when the next pain comes on, to carefully draw the child forth. You should constantly bear in mind the fact that the labor is to be performed more by nature than by art. It is very seldom that anything more can be done than has already been described.

OBSTRUCTION BY WATER IN THE BLADDER.

It is sometimes the case, when due caution has not been observed to empty the bladder often, that the pressure of the child's head against the neck of the bladder so obstructs the passage of water that it cannot be passed off ; if this seems to

be the case, and the bladder appears to be partly or entirely full, let the woman get upon her hands and knees, and by dropping her chest down low it carries the child forward or up by its own weight, and thus relieves the obstructed bladder, when she can easily pass it off. But if the child has passed down so far that it cannot thus be relieved, and there is distress from the pressure upon the distended bladder, then a catheter should be used to draw off the water, by oiling it and slipping the end into the water passage, and gently slipping it up into the bladder; and when the water begins to start, then draw the wire out of the catheter and let it all run off; then remove the catheter. If a catheter cannot be obtained at the time the same may be done by a goose-quill, by cutting a hole on the side near the end and another near the body or feather end, and use it the same as a catheter, only it needs no wire to stiffen it.

OBSTRUCTIONS BY THE CONTINENCE OF THE BOWELS.

If the rectum or lower bowel is full, let the mother pass it off if possible, and if troubled with costiveness, an injection may be given before the labor becomes too severe. A false delicacy often prevents the mother from attending to this at the proper time, especially if she has a male physician to attend her in the place of a midwife. The same hint should apply to the passing off of the urine. Never disobey the promptings of nature, let who may be present, under the circumstances, for it is to gratify your wants and wishes that they are present with you; hence you should freely make them all known at the proper time, and not delay under that fear which a false delicacy always generates in the mind of the suffering mother. If the woman should be disposed to make much noise, she should be instructed to hold her breath and press down during the pains as hard as she can, which will aid in the progress of labor. Sometimes the labor is very much

retarded by the rigidity of the parts, which are dry and unyielding; when this occurs, and the labor is tedious and protracted, you must rely mainly upon the powers of nature, still it will frequently assist in relaxing the parts if hot fomentations of bitter herbs are applied, which may be boiled and bound on ; or, what is still better, strain off the tea from them and soak two small bags of bran in the same and lay on one, and when cool change and put the hot one in the place of it ; or flannel cloths may be wrung out in the tea and laid on hot to the parts, and changed often ; these tend very much to soften and relax the parts and assist the powers of nature, or she may sit down in a tub of warm water fifteen or twenty minutes. Warm diluent drinks may also be given, such as tansy and pennyroyal.

If the labor still continues stationary, you have nothing to fear, provided there is a right presentation; but should the pains become feeble, or lessened, from flooding, debility, or any other cause, or should they become unavailing after a reasonable length of time, after giving stimulants of composition tea, or a sling of some spirituous liquors to keep up the full strength of the patient, then you may steep a drachm of spurred rye, or ergot, to a gill of boiling water; strain off, and when cool give a tablespoonful every fifteen minutes, but it should be very seldom or never used, except there be a right presentation, and under the most urgent circumstances, after most of the above remedies have been thoroughly tried, for reasons before given.

It is well for the midwife to watch well the situation of the bedclothes, etc., at this time, that there is no obstruction in the way of the child in its escape from the uterus, and to support its head, and render such other assistance as reason and good judgment may at the time dictate. Receiving the child in her hands and preventing its fall, securing the navel cord, and assisting in the removal and disposal of the after-birth, are objects which are to be accomplished, and all in the most calm and simple manner; no hurry or excitement is necessary, for such things only tend to embarrass and delay the workings of nature.

Yet how common it is for females, both married and unmarried, to become so much excited, that in the place of calmly attending to these duties when it becomes necessary, they are thrown into the greatest consternation, and perhaps run out of the room, and leave the child to suffocate in the bedclothes, or by the navel cord being tight around its neck, and die merely for the want of a little common sense or knowledge which might be acquired in an hour. Young women and men are taught music, dancing, drawing, needlework, and many ornamental branches, considered so essential to a polite education; yet they are suffered to remain entirely ignorant on this subject of so much vital importance. No young lady is fit to get married until she has a good general idea, at least, on this subject; and yet but very few are blessed with this important knowledge until they have learned it by sad experience in married life.

Then no longer let young ladies blush when this subject is spoken of, or when they read a book giving a treatment of these things, and turn off the subject with a laugh or scorn, saying, as some do, that they shall never come to that, while perhaps in less than one year they will lose a darling infant, and consign it to the grave, just through their willful ignorance on this subject.

DIRECTIONS FOR TYING THE CORD.

As soon as the child is born, it should be turned upon its back to prevent suffocation, and you should see that it breathes naturally and freely, although it will generally give that well-known and welcome cry; you should then proceed to tie the navel cord. I generally prepare two cords of wrapping twine or narrow tape, about six or eight inches long, thoroughly waxed with bees-wax; one of these should be tied as tight as you can, about one inch from the child's belly, and the other about two inches, then with a pair of scissors cut the cord between the two strings; this prevents the escape of blood, and perhaps fatal hemorrhage from both the child and mother.

After severing the cord the child may be passed over to the person who will attend to washing and dressing it. The mother should now be covered in as warm and comfortable a manner as possible, and directed to lie quiet for twenty or thirty minutes, or until two or three after-pains come on. At this time the midwife may proceed to take the after-birth, by gently drawing upon the cord with one hand, while with the forefinger of the other hand she may follow up on top of the cord to the after-birth, where she can hook her finger over the after-birth, and gently draw it forward and take it out; but if this requires any force more than its own natural size and weight would produce, then she should wait for a few more pains, and if those pains should not come on in a reasonable length of time, she may gently rub her hand over the lower bowels, which will gently produce a shrinking of the womb, which causes the pains. At this time she may proceed to make another effort, which will probably be effectual; if not, no harm will occur by patiently waiting for the shrinking of the womb to throw it out of itself, in one to six hours.

Flooding possibly may occur at this time. Still it never has with my practice, for it is always caused by the womb not being sufficiently shrunken down at the time that the after-birth is taken, which leaves the veins and arteries unclosed. The usual course taken by the old-school practitioners is to insert their whole hand, as soon as possible after the birth of the child, and with their fingers forcibly claw or scratch the after-birth out in a most brutal manner. This is entirely uncalled for and is barbarous, for if taken in this manner before the after-pains shrink down the womb so as to loosen it entirely free from the womb, all the veins and arteries which conduct the blood to and from the child through the inner surface of the womb remain open, and profuse flooding is the natural result, beside inflammation of the womb and parts, caused by the introduction of the hand, and the injury to the parts by this unnatural and inhuman treatment. Nature has wisely arranged to do all this herself, if not interfered with in her plans. Another trouble is, the

large quantity of blood clotted in the womb by this brutal practice is not always thrown out when it shrinks down, hence in a few days inflammation will be produced, and puerperal or child-bed fever is the awful result.

But if flooding should occur from any cause, you have only to lay the head of the woman down low, and to inject astringents, made by steeping alum, or crane's-bill root quite strong, or a solution of tannin, and inject a syringe full every fifteen minutes; also apply a cloth wet with cold water to the parts, and over the womb, which will shrink it down so as to close up the open vessels, and stop the worst case I ever saw in one hour. After it has been mostly stopped, you should in a few hours remove all the hard clots with the finger to prevent inflammation. It is best that a moderate flow should continue for six or eight days, for if entirely stopped inflammation is apt to follow. Within a few hours from the birth of the child, it is well to give a small dose of our jalap compound physic, so as to keep the bowels moderately loose for a few days; also to pin a broad bandage around the bowels as tightly as can conveniently be drawn, which should be worn several days; this will help to draw up the bowels, which have been so much distended, to their natural size and form, and camphor may be freely used about the bowels and parts, to prevent taking cold and getting inflammation. The wet and folded cloths under the woman should be drawn out soon after delivery, and her underclothes drawn down, as before directed, which, if properly arranged, will save her getting up for that purpose.

STILL-BORN INFANTS.

It is sometimes the case from long and tedious labor and various causes that the child is still born, or does not breathe. If this is the case, do not be frightened, but examine the mouth with the finger, as it is sometimes filled with phlegm or some sticky mucus, which must be poked out with the finger, and to favor this the child may be turned with his face

downwards ; if this should not be the hindering cause, it is probably from its enfeebled state, and may need the stimulus of cold water sprinkled suddenly in small quantities upon its chest, with light and quick rubbing with the hand. If this should fail, then wipe off its face with a damp cloth and immediately put it into a pan or pail of warm water, and put your lips over its mouth and hold its nose with the thumb and finger, and blow its lungs full gently, then press upon the chest or bowels and throw it out again, and continue in this way four or six times a minute for one hour if necessary, and keep adding warm water so as to keep it as hot as you think it can be borne, and let some one rub the surface of its body and limbs at the same time gently, remembering that its skin is very delicate ; and if it is possible for the child to live under any circumstances this course will generally bring it to life. It has never failed with me, and in one case I inflated the lungs in this manner one hour, and in another one hour and a half, and brought them both to life, much to the surprise of the weeping parents and attendants, who had begged of me to stop, as there was no possible hope of resuscitation ; but I told them if the child was dead it would certainly do no harm, and I had better work an hour too long than to stop a moment too soon.

Some cases are recorded of children being born enveloped in a membrane or sac, which covers most or all of their bodies ; if this should be the case, it should be severed and taken off, and the above process used to bring them to life if necessary.

WASHING AND DRESSING THE CHILD.

The child is now, while the midwife is attending to the mother, to be washed and dressed by the nurse. Its skin is at this time generally covered with a suet-like substance called the *vernix caseosa* ; to remove this, it should be washed all over gently with warm water and sal-soda, or castile soap. It is not really necessary that this coating should be all taken off the first washing, but it may be washed again in eight or

twelve hours in the same manner, which will take it all off. Care should be taken to properly clean the groin, back of the ears, and under the arms, lest they get sore.

I should not recommend the use of spirits in washing, as it is too powerful for the tender skin. By having the water pretty warm in cold weather it will, with the usual rubbing to wipe them dry, produce all the external irritation which can be borne; if you should find any places about the head or elsewhere where the skin has been bruised or removed, you should oil them with the magnetic ointment, or oil of cream.

DRESSING THE NAVEL is the next thing in order. This may be done by taking a piece of linen or fine muslin folded four or five inches square, of two thicknesses, then fold again each way, and with a pair of scissors cut a very small corner, when by unfolding a square hole will be found in the cloth large enough to receive your finger in the center; this is sometimes scorched, but this is not necessary—it may be put on by drawing the navel string through the hole, and let it lie flat upon the belly of the child, then put on a bandage around the child, and pin over the umbilical or navel cord; it should then be laid flat down with two thicknesses of cloth under it, and the bandage over it. After a few dressings it will come off, when the navel should be kept anointed with the oil of cream. Dress the child loose; almost a universal fault is committed by dressing it too tight. I have in several cases known it come near dying by being dressed too tight, after cautioning the nurse to dress it loose. In one case the child had six toes on one of his feet, and as I was about to leave after giving the above caution, I thought I would take another look at the curiosity. I uncovered the little fellow and his face was as black as a coal. I immediately stripped off his clothes, and gently rubbed him, and saved his life. which would have fled in a moment longer, by being dressed so tight that the blood, which was thrown out in the arteries, could not return in the veins from the over-pressure on the capillary vessels under the skin. I would further say that nine-tenths of all the worrying of such young children is caused by being dressed too tight. The looser the clothes

can be put on and made to stay, the better. After the child is dressed it should be put to the breast of the mother, as infants will frequently nurse freely the first time trying.

FEEDING THE BABE

Never feed the babe for the first one or two days; this is generally a great error. If the milk of the mother does not come, it only proves that the child had a large supply before it was born, and can wait, for the nourishment of the mother is frequently thrown into the child profusely before birth. As soon as it accumulates in the mother after birth, it will be secreted in her breasts, and if it is tardy in its operations, it will come with the more force after a little. The child should be hungry at the time to take it all from the breasts, or else it will cause heat and inflammation if not drawn out by the child or nurse. The child should be kept in bed with the mother, to receive the natural warmth from her, and if he worries let him be put to the breast, whether he get anything or not, for the effort of his nursing will assist the breasts to secrete milk all the faster. If it is hungry be sure to keep it so; there is nothing more appropriate than a hungry child to exhaust the full and almost bursting breasts, on the second or third day, when the milk has come. Alas, how many children have been fed on sweetened water, and on milk and water with soaked crackers, until they are literally stuffed full, and lost all instinctive idea or care for nursing! And how many cases of bowel complaint and broken breasts have been the miserable consequence! But meddling friends are afraid the dear little creature will starve, and therefore it must first be made sick by unnatural diet, and then for its cure be treated to that filthy, harsh, and indecent substitute for medicine—chamber-lye and molasses. But it may be asked, Must not the child be fed at all, if it is hungry and cries a good deal, and there is nothing in the mother's breasts for it? Such cases will be exceedingly rare if the breasts have been properly solicited from the first by a hungry child.

When they do occur, being themselves exceptions, their treatment must be exceptional; but even then, only so far as is absolutely necessary. If fed at all, the child should not be fed all it wants, but as little as the circumstances will possibly permit. The great rule remains, keep the child as hungry as possible until the milk comes. And when it has to be fed, imitate the mother's milk as nearly as possible in the preparation of the artificial diet. A little sweet cream, warm water, and sugar should be so mingled that in warmth, richness, and sweetness the mixture may closely resemble mother's milk, and should be given sparingly.

RETENTION OF THE MECONIUM.

The bowels of all infants at the time of their birth are filled with a blackish colored and viscid matter of the consistence of sirup, known by the name of meconium. The efforts of nature are in general sufficient to dislodge it and carry it off, if assisted by the mother's milk, which is always at first of a laxative quality. Therefore infants should be applied to the breast as soon as they show an inclination to suck; should it be retained, or not sufficiently carried off, a small teaspoonful of castor oil or a little jalap compound may be given, especially if the secretions of milk in the mother's breasts are rather tardy.

GALLING AND EXCORIATIONS.

Very young children are apt to become excoriated in particular parts of the body, especially about the groin, wrinkles of the neck, behind the ears, and under the arms, such places being kept much moistened by urine or sweat. These complaints prove very troublesome to children, and are in some measure owing to a want of due cleanliness. To prevent them, and also to remove them when they do occur, it will be necessary to wash the parts in cold water once or twice a day, to change the clothes often, and to keep the child dry and clean.

After the parts are washed and dried, they should be sprinkled with a little fine elm bark, or magnesia, or pulverized crane's-bill root, or alum is good in some cases. If the parts are very sore, they should be anointed with the magnetic, or elder and bittersweet ointments, and sprinkled with the crane's-bill root flower.

UNNATURAL PRESENTATIONS.

It is a rule in nature, when its laws are not in some way violated, that the child will turn itself just before birth, with its head down, and face to the back of the mother; but by over-labor of the mother, or by frights, falls, or the accidental breaking of the water-bladders by the efforts of the child in turning, or by its restlessness on account of over-exertion of the mother, the shrinking of the womb, or labor, sometimes commences prematurely, or before the child gets properly presented. In this case the womb contracts down upon the child so as to prevent his turning, and this is what is called a cross-birth, or by various other names, according to the peculiar presentation of the child to the mouth of the womb. Such things, however, are of rare occurrence, and perhaps seldom or never happen, except the mother has either overdone in some way or met with an accident just before the time of the birth to produce the premature delivery of the child. It is therefore the duty of the midwife, when she is first called to attend a woman under these circumstances, to examine well the presentation. If the child has not passed down low enough so that you can tell for a certainty by passing the finger up the vagina, then you can bear your hand on in different parts of the bowels, and thus ascertain if the child is presented right; if not, and you find that the head is to one side, you can generally turn the child by having the mother lie down upon her back, or in such a position as to favor the operation, while you gently press your hand against the head of the child from one side of the bowels, and with the other press against the breech, and thus square it around

so as to bring the head to the mouth of the womb. This can generally be best accomplished either just before or immediately after the waters break; but if too much time should elapse after the waters break, the womb will shrink down tight upon the child, and prevent the otherwise easy operation.

BREECH OR FEET PRESENTATION.

If the feet or breech should present, it is desirable to have the first part of the labor proceed slowly, so that the passage may become well dilated or enlarged, and be prepared for the more rapid delivery of the head; for it is obvious that after all but the head is born there cannot be so ready a purchase upon that small mass left in the womb as before, and that being the largest and most unyielding portion, it is the hardest to be accomplished. If the breech presents, do not pull down the feet, but let the child come double, as no harm can accrue; for by so doing it will enlarge the passage and make more room for the head. If the feet present, let there be no pulling upon them to hasten the delivery of the breech, for the reason above named. After the breech has fully cleared the external orifice, the delivery may then be judiciously hastened, for the purpose of preventing the death of the child from pressure on the umbilical cord before its head is brought to the air, and the act of breathing thus permitted; for after the pulsation of the cord ceases, the child must either breathe or die. In this kind of presentation, therefore, the child's life is in great danger. After the birth of the lower half of the body the umbilical cord, or navel string, experiences severe pressure, sufficient to interrupt, if not entirely prevent its pulsation, and thus retard or entirely stop the circulation of blood in the child. It then becomes necessary to hasten the birth of the head by all prudent means. Violence and excitement are never in order in midwifery, but considerable force, skillfully directed, may sometimes be used with safety. After the passage of the shoulders, the delivery of the head may be facilitated by carefully pulling down the arms; then as soon

as possible introduce the finger into the mouth of the child. This will perhaps serve the double purpose of permitting a little air to make its way into the child's lungs, and also furnish a hold by which its head may be gently drawn along into the world when the next pain comes on. If there is much delay at this juncture, perhaps the child's life might be in some danger, and might be preserved by entering one end of a male catheter into its mouth, thus furnishing an open tube for the admission of air until more vigorous pains should introduce it into the full liberty of the atmosphere. While the head is thus undelivered great care should be observed to keep the body of the child warm with flannel, and also to keep it in a correct and relative position with the head. If the body be unconsciously turned around, of course the neck will be twisted, and the child's subsequent delivery with a broken neck will be the miserable result—bringing confusion to the medical attendant, and unhappiness to all concerned.

ARM OR SHOULDER PRESENTATION.

If the arm or shoulder presents, the child will probably have to be turned, as this is one of the worst presentations. If the arm is presented, it will be the duty of the midwife to endeavor to crowd back the fetus when a pain is not on, and at the same time to carry the elbow back into the womb; if this cannot safely be done, then examine and ascertain if the head is turned up; if so, skillfully insert the fingers into the womb, and if possible bring the head down, and let it be born with the arm and head together. All of the efforts at turning the child should be done while the pain is off; for at this time the womb relaxes in its efforts to contract and leaves more room to operate. No fears in such a case should frighten you and cause you to lose your self-confidence in the matter; your own skill and judgment would be sufficient for the occasion if you were attending upon an animal under such circumstances; then why not in this case? You have only to think you can do it, and it will soon be accomplished.

Why should you fear, when one of the greatest wonders of the world, viz., the Siamese twins, was born with the assistance of only a single female? Courage and confidence in such matters are all that is required for a safe delivery; and if you should get frightened and send for a doctor, in all probability it would be the first case of this kind he ever had, if the truth could be known, and he would have to depend upon his own skill and judgment at the time to help him out of the difficulty; so you might as well trust to your own as his, and get the credit yourself. Will the time come when a woman will think her judgment in such matters is as good as a man's? I will answer by saying, when they can summon as much self-confidence and brass. Then cultivate the faculty, and go ahead and bid the man defiance, and you will be sure to win.



CHAPTER VI.

TREATMENT AFTER DELIVERY.

AFTER-PAINS.

After the uterus has discharged the child, it appears to rest for a few minutes; it then begins to shrink again at regular intervals until it closes all of the blood-vessels of any size. At about this time the placenta, or after-birth, is separated from the inner surface of the womb and is discharged through the vagina, or outer entrance to the womb, and the pains of this operation of the womb coming down to its natural size are called after-pains. Women with their first child are very seldom troubled much with after-pains; but as the uterus is thought to contract less readily after each future labor, so they are more liable to suffer with them in any succeeding delivery than at first. When after-pains prove so troublesome as to deprive the patient of her rest, it will be necessary to use fomentations to the bowels, and give anodyne powders. Red or cayenne pepper and spirits simmered together a few minutes, and flannels dipped in them and applied to the bowels, will generally relieve them; if it fails, apply a fomentation of bitter herbs, and give a teaspoonful of my pain killer in a little water, and repeat every fifteen minutes until relieved; if this fails, which I have never known to be the case, give half a teaspoonful of capsicum and milk. These remedies will be assisted by keeping the bowels tightly pressed by means of a broad bandage pinned around them.

FLOODING.

If this should occur, you will find a treatment laid down elsewhere.

DIET OF THE MOTHER.

For the first few days after confinement, the most appropriate diet for the mother is gruel, cocoa, rice-water, crust coffee, or some similar liquid nourishment. Different constitutions, however, require different management. A woman naturally robust and of full habit should confine herself more strictly and for a longer time to this light diet, than one who is more slender and feeble; sometimes a weakly woman requires the juice of meat, and even wine or ale, as early as the second or third day; if she be subject to canker, or nursing sore mouth, a generous diet is particularly serviceable. After the first week she may gradually return to her customary diet.

COSTIVENESS

Is apt to prevail, owing to the excitement of the system, within a few days after delivery. It is in most cases well to give a small dose of the jalap compound physic the second or third day, just enough to keep the bowels open and free, which will tend very much to prevent inflammation, both in the breasts and uterus. But if it should prove very troublesome, see a full treatment on this subject in another part of this work.

CAUTION TO MOTHERS.

All mothers at this particular time, above all others, should be very cautious about taking cold; every precaution should be used about the bed to remove all dampness, and occasionally apply hot cloths or bricks to the parts and bed, to counteract dampness, and guard against taking cold. If carpets are not used, there should be as little mopping of the floor as

possible; and if mopped at all, it should be thoroughly dried as soon as possible. If it is cold weather, and she should use a vessel, it should have a little warm water poured into it before using; and the use of the magnetic ointment all over her person every one or two days would be very desirable to keep the skin oily and soft to prevent taking cold. If by any means this should occur, it may first be known by more or less pains in different parts of the system, and at times chills succeeded by a slight tendency to fever. If this should be the case, no time should be lost in endeavoring to remove it. The patient should be washed all over with hot water, and rubbed as hard and dry as can be borne, to create a glow of heat to the parts at the time being operated upon; then bathe her freely with the magnetic ointment, cover warm, and put a hot wet brick or a jug of hot water to the feet, and give her strong hot catnip tea every ten minutes, or a tea of balm, or a teaspoonful of my pain killer in hot water every fifteen minutes until a free moisture is produced over the system, and kept up for two hours; and at this time if the heat of the brick should not sufficiently dry out the bed, it should be removed, and a hot dry brick put in its place to dry the bed and allow the patient to cool off gradually in a dry bed. If this should not remove the symptoms, it may be repeated two or three times in the course of twenty-four hours. The bowels should be kept well cleansed, and all clots of blood should be removed from the vagina as fast as they may collect there, and a moderate flowing should be kept up, and if it has been stopped by the taking of cold, pennyroyal or tansy tea should be given in place of the above, and hot fomentations should be placed to the lower part of the bowels, as hot as can be borne, until the flowing appears again, or the urgent symptoms are removed.

PUERPERAL OR CHILD-BED FEVER.

DESCRIPTION.—This is a disease peculiar to woman after delivery, and occurs at no other time. It is supposed to be the cause of the death of one half of all who die in child-bed;

and about three fourths of all who have been attacked with it, and subjected to the old-school or calomel treatment, have died. It generally commences three or four and sometimes six days after delivery. It appears oftentimes as an epidemic among females under these circumstances. It always puts on an inflammatory type, and commences something like the typhoid, but is much more rapid in its course, and frequently ends in death in a few days. The inflammation is generally confined to the peritoncum, or lining of the abdomen, also frequently inflames the ovaries of the womb, the veins of the womb, or the absorbent vessels of the womb. It is thought by many to be a contagious disease, and prudence would therefore advise the midwife having a case of child-bed fever in charge to refrain for some time attending another case of midwifery.

CAUSES.—Various causes have been assigned for this fever, but few of them are satisfactory to me. It is evident, however, that in these cases a large amount of gross blood has been suppressed in and about the womb, which should have passed off at the birth of the child, or soon after. If the womb does not shrink down nearly to its natural size, it leaves a large cavity in its center, which is filled with this impure and clotted blood, also in the vessels immediately around it. If this is not passed off or thrown out in a very few days it metamorphoses, or changes its character in part, and is taken up in the circulation faster than it can be thrown off; hence an inflammatory fever is the immediate consequence. A check of perspiration or taking cold will frequently produce it when the same might have been thrown off by the powers of nature had they not been obstructed in their efforts; but by this obstruction it is thrown into the circulation, and is retained and settles upon the viscera of the abdomen, exciting inflammation and other symptoms of the complaint; and by mixing with the circulating mass, a general inflammation is the result. If this fever runs high, it is no doubt contagious among pregnant women; therefore every caution should be used to prevent all such visiting the patient if they have passed the fifth month of pregnancy; if so they will be likely

to have the same when confined. It can also be carried in the clothes of the attendants to those who are just confined. It is frequently remarked among doctors, that if they lose one case with this disease they lose half a dozen in succession after it ; and those the most wise will refuse to attend another case of confinement for some weeks after, except they change their clothes and use all precaution.

SYMPTOMS.—Like other forms of fever and inflammation, it is preceded by chills, with increased heat of the surface ; first with strong, full, and frequent pulse ; face flushed, and eyes red ; dry tongue with red edges ; dry skin, restlessness, short, quick breathing, with nausea, and sometimes vomiting. The pain is increased by the patient sitting or standing up, the bowels being thus pressed against the lining membrane ; lying upon either side is painful for the same reason ; to lie flat upon the back, with the feet drawn up, is the only endurable position. The patient lies still, for all movement gives pain. The pain in this disease is sharp, cutting, and prickling, but is not always equally intense. It is aggravated by wind along the bowels, by which the inflamed membrane is slightly stretched. When the disease is advancing toward a fatal termination, the belly becomes greatly swollen and tense, having to the hand a peculiar drum-head feeling ; the pulse now becomes rapid and feeble ; the countenance is full of anxiety and somewhat sharpened and ghastly ; a cold clammy sweat breaks out, and the patient rapidly sinks into the arms of death, and the scene is over. If this disease is cured at all it must be by a thorough treatment on the start, but the unsuspecting patient and friends see not the danger, and are not on the watch for serious consequences until it is too late. I claim, if the course of treatment here laid down is thoroughly applied in the commencement of the disease, that nine cases of ten, if not nineteen out of twenty, can be restored to health ; but it must be attended to in time, and then no half-way work will answer—you must be thorough.

TREATMENT.—This I consider one of the most dangerous diseases which woman is subject to. Three grand objects are necessary to be accomplished to cure this complaint, viz., to

produce a free action through the skin, the bowels, and the uterus. As these are the grand outlets for this irritating mass to pass through, to escape from the system, it looks reasonable that they should, all of them, be stimulated to their utmost capacity to carry off the great evil. In order to open the pores of the skin to their utmost capacity, the skin should be washed in a solution of saleratus, soda, or some good alkali, warm, then rubbed dry, and bathed with the magnetic ointment or oil of cream, freely applied; then bricks should be heated hot and dipped in water, wrapped in a damp cloth, and put one to the feet, and one on each side of the bowels, and one between the limbs. This will throw out steam freely, and soften and relax the skin; at the same time the stomach should be kept well filled with hot sweating teas, of catnip, pennyroyal, or some other good sweating article. If nausea or vomiting occur, give the antiemetic drops, made of pepper, salt, and vinegar. At the same time a cathartic of the jalap compound should be given and the bowels well cleansed; and thirdly to empty and cleanse the womb, as in all such cases the inflammation commences there first, and this should be the first thing attended to; by examination you will find that the womb is full of coagulated blood, and if this could be removed at first, and well cleansed out, the disease would be shorn of all its worst terrors. To accomplish this, the finger may be inserted to cleanse the vagina, and if possible the womb. If not, insert a silver or gutta-percha catheter with a stiff wire in it, after bending it up on a circle at the end somewhat, and by entering the womb it will come in contact with hard clots of blood; if the parts are not too sore, it may be moved about so as to break them in pieces some, then draw out the wire, leaving the catheter in, and take a common metal syringe and put the point to the end of the catheter and inject a solution of sal soda, or of common soda, about blood warm, up through the catheter; of this you may inject all the parts will hold, which will soon soften up the inflamed mass and produce a discharge of this poisonous blood which has been the cause of the inflammation. It will in some cases bring on after-pains, which by the shrinking of the

womb will throw out large hard clots, which are in just the shape of the cavity of the womb, and the trouble is done with at once, if this can be accomplished at first, before too much inflammation has been created about the neck of the womb. But if this should be the case, the injection repeated every hour will soften it up, and help to get up a discharge which will soon carry it off.

But it is sometimes the case that we are not called to prescribe until it has assumed a very high state of inflammation, and all usual remedies for reducing it may fail; in such a case, you may lay a cloth over the bowels wet with a strong tea of lobelia, which will generally relax the parts and lessen the inflammation in a short time; and in some cases it will be sufficiently taken up in the circulation to nauseate the stomach; but if it should not relax sufficiently, a teaspoonful of the strong tea of lobelia may be injected with a little water, or what would be still better, a mucilage of elm or comfrey or gum-arabic, into either the vagina or up the bowels, and repeat every thirty minutes until a relaxation is effected, as it is in such cases necessary to relax the system in some way, in order to open the discharge through the skin, which previously should be washed and anointed. In this manner a free discharge may be obtained; but if you should overact in this direction, and by any means relax the patient too much, she may sink very low; under these circumstances you should give her stimulants of capsicum tincture in teaspoonful doses, or give the clear cayenne pepper itself, sufficient to stimulate her to a proper standard to retain life until the disease can be thrown off; also give the diuretic tincture freely, so as to produce a free discharge of urine.

The great herculean remedies in this disease are sweating and physicking all the patient will possibly bear; and there is no time to be lost, for it seldom lasts more than three to five days, and if not relieved immediately it will be too late. After steaming the bowels for two hours, as above recommended, if the bed is wet much with the steam, you may place hot dry bricks in the place of the wet ones, to dry the bed, and at the same time keep a folded cloth over the bowels

wet with strong camphor spirits. This is a splendid remedy to remove inflammation, and will help to prevent taking cold. If much pain attend, and want of rest, give the anodyne fever powder every two hours until quiet; the dose should be varied according to the patient and circumstances; I give from two to six grains, and repeat as may be necessary. Should putrid symptoms appear, give the patient good hop yeast, all the stomach will bear; it is also good to bind on the outside where there is an appearance of mortification. Supercarbonate or common soda is highly recommended to be given in these fevers, half a teaspoonful in a little water three or four times a day, to counteract the peculiar acid state of this fever. If vomiting occurs, give the anti-emetic drops of pepper, salt, and vinegar; also the neutralizing cordial.

DIET.—A very light, cooling diet should be used in the commencement of the disease, and in the latter stages a more nutritious diet is recommended, viz., Indian meal gruel, panada, toast, and bread-water, barley-water, and rice-water, etc.

MILK FEVER.

Here comes another trouble, caused by the prevailing fashions of the day, and false delicacy in keeping the breasts cramped up in the smallest possible compass for months before confinement, and not allowing the milk vessels to become properly enlarged and developed. It seems as if some females would almost deny their sex if they could have their own way about it. They are so ashamed of their situation that they will resort to every possible means to hide it, by tight lacing, and compressing their breasts, until they almost become callous; then at confinement it requires such an extra effort in nature to force them open that a general inflammation and fever is the unhappy consequence; when, if they had had plenty of room, and had been rubbed, and the nipple occasionally pulled out, for a few months before confinement, more than nine tenths of all this trouble would have

been averted. It is sometimes the result of cold, but very seldom.

SYMPTOMS.—The breasts become hard, swelled, and painful, attended with fever, nausea, pain in the head and back, and thirst, with more or less costiveness of the bowels, with hot flashes over the system.

TREATMENT.—Apply the child to the breasts as early as possible, and if necessary, from any cause, let the milk be drawn two or three times a day by some person. If there is too much milk, use a spare diet and no animal food. The breasts may be rubbed with the magnetic ointment and my pain killer, or with my healing liniment, and keep a wet folded cloth over them; keep the bowels loose and regular with the liver sirup or a little of the compound cathartic powder. Should there be inflammation or tumor, then treat them as laid down under that head.

MILK OR SWELLED LEG (PHLEGMARIA DOLENS).

A short time after delivery this disease sometimes appears. It is caused by the breasts not having the milk vessels properly developed and open; hence, when the milk first rushes into the breasts, the proper passages not all being open, the pressure is so great on some of them as to break some of their minute fibers and let the milk forth, which, not being taken up by the absorbents, works its way down the glands, which often produces inflammation and tumor in one or both sides, but more generally works itself down into one of the limbs, causing more or less pain and inflammation in its passage down to one or both legs. The whole system becomes affected. The limb becomes firm, glossy, elastic, swollen, and painful. The attack is generally preceded by chill, succeeded by fever; the limb is stiff, heavy, and irritated by motion; it becomes very tender; the skin is not discolored, but has an increase of heat. After a period of about two weeks these symptoms subside, leaving the limb stiff, benumbed, heavy, and weak, and very liable to remain so for a great length

of time. A similar affection may arise from a suppression of the lochial discharge from the womb by taking cold. This disease, as well as child-bed fever, arises from a gross secretion of *animalcula*, which are not thrown off through their proper channels, but break forth into improper ones, hence go wandering about the system seeking some avenue of escape, which it seems almost impossible for them to find, after being, as it were, switched off upon the wrong track, to make their escape from the system; hence all these peculiar and painful symptoms arise. (See chapter on the *animalcula* of the human system.)

TREATMENT.—Under these circumstances, it becomes necessary to assist nature to relax the parts, and at the same time stimulate the powers of the system to help repel the intruders. It is well, therefore, to bind on cloths wet in a strong decoction or tincture of lobelia to the parts affected, if it does not sicken the stomach too much; at the same time give my pain killer in water six or eight times a day. Not only the parts affected, but the whole system should be washed with saleratus or soda water, and after rubbing dry, bathe freely with the magnetic ointment, and repeat the same twice a day while using the lobelia and pain killer. It would be well, also, to wet cloths with a strong decoction of bitter herbs of wormwood, tansy, hops, boneset, and smartweed, either or all of which are good, and lay the cloth to the parts affected, and lay a hot brick on the outside of the cloth to create a steam against the parts; at the same time use some hot stimulating and sweating teas, to be drunk as often as necessary to get up a good sweat over the whole system; and smartweed tea answers a good purpose in this case. If by any means hot applications should not agree with the patient, then you may apply the same cold. The bowels should be well cleansed, and kept loose while affected with this disease. Stramonium leaves simmered in spirits make a good application, to be used hot or cold as will best agree with the patient. But if the stramonium should become too much absorbed into the system and affect the head, causing sleepiness, or wild delirium confuse the brain, then take it off immediately, and apply

other fomentations. If this course of treatment is properly persevered in, it will cure any recent case of the kind in a comparatively short time, but it is generally a very slow disease to remove, and frequently requires much patience and perseverance. I have never failed to cure any case which I had been called to, by using the above course of treatment. I had one case which had been treated for over a year, and had been given up by two or three physicians, but by taking the above course, the patient was restored to perfect health in a short time.

ULCERED LEGS.

It is sometimes the case that an affection of this kind will settle in one limb, and produce a large flat ulcer, which if not cured, will last for years. This I generally treat similarly to a fever sore. If there is proud-flesh in it, sprinkle in finely powdered blood-root, or wet cotton with the expressed juice of the green root; at the same time apply a wash made with one heaping tablespoonful of the powder of crocus martis to one pint of rain water; wet folded cloths with this and bind around the limb, and keep them wet with this wash all the time. This causes no pain, and is one of the most powerful remedies in all old inveterate sores I ever saw. It never fails to cure a fever-sore in a few weeks. If the blood-root fails to cleanse the ulcer, or if you cannot obtain it, then add one fourth part of saleratus or soda to the powder to make the wash, until it is cleansed; this causes some pain, and may be left out in all cases where the sore does not need cleansing. But the proud-flesh must be cleansed out either in this way or by the use of caustic, before the sore can possibly heal. Some use burnt alum for this purpose. The alterative sirup for cleansing the blood is always appropriate in all such difficulties. It will keep the bowels loose and regular, and help carry off much impurity, both through the bowels and skin.

FALLING OF THE WOMB (PROLAPSUS UTERI).

This sometimes occurs after delivery, and at other times, either partially or wholly. The womb falls into the vagina, and sometimes protrudes entirely out, which causes much distress, and sometimes great inflammation, causing pains in the back, groin, bearing down and great weakness, and nervous symptoms.

CAUSES.—It is produced from various causes, as over-exertion soon after delivery, straining, lifting, or any violent exercise. The ligaments that secure the womb to the body become weakened and relaxed, which causes it to fall down.

TREATMENT.—Steep crane's-bill root and alum, half and half, to a strong tea, or either alone, or a strong decoction of oak bark or tannin, and inject a female syringe full two or three times a day, and bathe the lower part of the bowels with strong salt and water, or beef brine, once or twice a day. There are various kinds of abdominal supporters which might be used to advantage.

PROJECTION OF THE WOMB.

When the womb protrudes so as to come out in sight, the female should lie upon her back with her hips the highest; then apply the thumb and finger to the tumor, and gently crowd it up and back to its center until it reaches its natural place. Then a sponge of the proper size should be wet with some of the above astringent decoctions, and inserted as far up the vagina as can easily be borne, and it should be secured by a strong twine, and removed twice a day, well cleansed, and again wet with the astringent wash; and as the parts become strengthened and shriveled to their natural size, a smaller sponge may be used. It is well under these circumstances to use a stimulating and tonic sirup to keep the system strengthened up as much as it will bear, and not raise a fever.

INFLAMMATION OF THE WOMB.

The treatment for this disease should be similar to that laid down for puerperal or child-bed fever. The bowels should be freely washed and anointed, and steamed with bitter herbs, and a sitz-bath taken often, by sitting down in a tub of water as hot as can be borne. Also give the diuretic tincture, enough to keep up a very free discharge of urine, and when you are not using the bath or the steaming, you should keep a folded cloth over the bowels, wet in a strong tincture of camphorated spirits. A cloth wet in a tea of lobelia laid over the bowels is good to relax the inflammation. If vomiting should occur, use the antiemetic drops of pepper, salt, and vinegar, in teaspoonful doses, sufficient to stop the nausea. The bowels should be kept loose, and a free use of the neutralizing cordial answers a good purpose to settle the stomach, and to keep the bowels loose, if used freely. For further particulars, see the treatment for child-bed fever.

NURSING SORE MOUTH.

While nursing, sometimes women suffer greatly with sore mouth. This complaint begins with a scalding sensation upon the tongue, and a pink color in the roof of the mouth, and a hot watery discharge from the mouth. After a few days small ulcers appear on the tongue and in the throat. Costiveness is generally present, but when the ulceration extends to the bowels, diarrhœa soon commences.

TREATMENT.—For costiveness or diarrhœa the neutralizing cordial will answer a good purpose, also to subdue the canker. The rhubarb in it has a tendency to relax the bowels if taken quite freely, and the soda counteracts the canker, while the peppermint is cooling for the inflammation. It also helps to regulate in case of diarrhœa. But the most powerful remedy for the canker is my sore-mouth gargle, composed of sage, canker root, spotted alder bark, sumac bobs, alum, borax, blood-root, oak bark, crane's-bill

root, gold-thread, and honey. And I claim a better preparation for canker was never put together. This, gargled in the mouth and swallowed six or eight times a day, will soon cure not only the canker in the mouth, but in the stomach or bowels, and is safe under all circumstances; but if used freely, it is apt to astringe the bowels some, and if there is no diarrhœa attending, some relaxing medicine may be necessary to counteract its astringent effect upon the bowels.

SORE NIPPLES.

Women suffering from excoriated nipples are apt to keep the infant chiefly to the healthy breast, and only apply it to the tender side for the purpose of obtaining present ease from the pain of the over-distension of the inflamed vessels. In this way the ducts remain always full, which increases the inflammation.

Sore nipples, therefore, should be attended to as much on account of the evils to which they lead as of the suffering they directly occasion. The excoriation of the nipples begins as a chap. This shows no tendency to heal, and the child's mouth, being often applied, rubs off the skin around the crack, and this naked surface soon becomes an ulcer. These ulcers are sometimes only on the surface, at other times they are profound, going deep into the substance of the nipple. This is a species of canker, and should be treated accordingly.

TREATMENT.—These excoriations and ulcers might be easily healed, were it not for the newly formed skin being continually rubbed off in the act of nursing. Two things are therefore to be done to protect the healing, and to favor the tender part from renewed injury. The canker or sore-mouth gargle may be frequently applied to the nipple, which is a good remedy; also the eye-wash, made of the oil of egg, sulphate of zinc, and morphine, is an excellent remedy. Another is made by dissolving some borax and alum in a very strong decoction of green tea. If there is much

pain, dissolve a very strong solution of alum, and to every tablespoonful add one grain of morphine, and wash the nipple with it after the child has nursed; then before he nurses again wash it off with a wet cloth, that the morphine may not affect the child. This will toughen the nipple, and the morphine will deaden the pain. If the nipple is much inflamed, apply cloths wrung out in hot water—some prefer cold water. I have treated several very bad cases successfully with the eye-wash above mentioned, by wrapping the nipples with a cloth wet in the wash and keeping them wet.

INFLAMED BREASTS—BROKEN BREASTS (MAMMARY ABSCESS).

The mammary gland, which secretes milk in the human breast, consists of a number of ducts, passing outward to their termination in the nipple, and then spreading around like the roots of a tree, and terminating in minute glands. The mamillary tubes are straight ducts, ten or twelve in number, having their mouths at the center of the nipple, dilating at its base into large reservoirs, which extend some distance into the gland. When milk is first formed after confinement, these tubes and reservoirs sometimes get so full and hard that they crowd and compress each other, making it difficult to remove the milk, and under these circumstances the breasts will inflame.

SYMPTOMS.—The inflammation generally begins with a chill, followed by fever and pain of a shooting kind, which is much increased by pressure. An examination will generally reveal a circumscribed, hard, and painful tumor, even before there is any redness on the surface. After a time the swelling spreads, and the skin becomes of a dusky red color, is hot and shining, and will frequently pit a little on pressure, and soon gives a sense of fluctuation. Upon the formation of matter, the fever increases, the breasts are enlarged, and there is a local tenderness, and throbbing pain.

CAUSES.—This complaint may be caused by taking cold, irregularities in diet, or by mental emotion, but more com-

monly it is caused by the former compressed state of the ducts, which did not and could not become open and free before confinement, and now become inflamed by the milk being obstructed in them, which not only causes inflammation, but suppuration and ulcer; but if the breasts are given plenty of room before confinement, and the nipple occasionally pulled out, and the breasts rubbed, and after confinement see that they are not overpressed with milk, then all this suffering would be avoided.

TREATMENT.—These afflictions may generally be prevented by keeping the breasts well drawn. It is the duty of the nurse to look well after these matters, and see that the breasts do not get hard and distended with milk. But when the inflammation has fairly set in, the first aim should be to prevent, if possible, the formation of matter. Active purging should be resorted to at once, by giving the compound powder of jalap and senna, and a course of medicine should be given by washing and anointing and giving of sweating teas, and the use of hot bricks to get up a good sweat. If the object be to prevent the formation of matter, you should also use cold water on folded cloths to the breasts, and repeat often; but if it has gone so far that pus or matter has formed, you had better use warm fomentations with vinegar, as hot as can well be borne; as soon as the point where matter has formed can be discovered, it would be well to lance it and thus permit a discharge, to save the neighboring parts becoming similarly affected. But if this cannot be done for want of a lancet, or some one to use it, you may apply a poultice of bar soap and sugar, which will act the most powerfully to draw it to a head and cause it to break. A slippery-elm poultice, mixed up with a tea of lobelia, with a few grains of morphine, or opium, or two or three teaspoonfuls of laudanum added to it, will stop the pain, and answer a good purpose to draw it to a head, and prevent further inflammation, and reduce that which is already there. The lobelia is powerful to relax, and if used long at a time, or strong, may be so much taken up by the absorbents as to nauseate and sicken the mother, and sometimes the child. Still, this does no material

harm and soon passes off, from both the mother and child; but its beneficial effects are so all-powerful in the other direction, that the latter effect, if realized at all, is but a small item in the balance. When a stimulating liniment is required, you can use my pain killer, or oil of hemlock, or spirits of camphor.

WHITES (LEUCORRHEA—FLUOR ALBUS).

This disease sometimes appears after delivery, in consequence of a weak, debilitated state of the female organs. It is not of itself a disease, but only a troublesome symptom of other diseases and weaknesses of the parts concerned; yet it requires at times an especial treatment, and as a general rule, by taking stimulating and tonic remedies to strengthen the system, it will stop the discharge from the vagina, but it may be necessary to use injections for cleansing, and astringent remedies, with a female syringe. As a general rule, you can prepare a decoction of some of the astringent remedies, and crane's-bill root and alum answer a very good purpose; or witch-hazel leaves and sweet-fern leaves make a very good injection; frequently an injection of castile soap will sufficiently cleanse the parts to stop it; but if it should prove troublesome, you may refer to a more full treatment of this disease in another part of this work.

ATROPHY FROM SUCKLING.

Some women of a delicate constitution cannot suckle long without an evident appearance of declining health, and if persisted in, it might terminate in a general wasting of the body and loss of strength, or some morbid affection of the lungs; therefore, when a woman finds her health declining, and that she gets weaker every day, with loss of appetite and languor, she ought immediately to leave off suckling; she should use a generous diet, with a moderate quantity of wine bitters daily, and if convenient, change of air, particularly if she is an inhabitant of a large and populous town. If the

change is not found sufficiently efficacious of itself, when conjoined with a restorative diet, a course of tonics should be given, with a free use of the alterative sirup. Gentle exercise on horseback or in a carriage will greatly assist these medicines.

NURSING TOO LONG.

This is an error frequently indulged in by many females. They make many excuses for this error, but in nine tenths of the cases, if the truth could be known, it is to prevent becoming pregnant again, although this is not a sure safeguard, and not half as safe as most of them suppose. They little know the evil which grows out of this practice, and how many constitutions it has broken down. Just consider the tax upon the system during nine months of gestation, when all the particles that can possibly be spared from the system are taken up in the uterus; then, we will say, nine months more while nursing—making eighteen months of continual draft upon the system for every child which she rears; and in no case would I consent that she should nurse longer than ten months; still, for the reason above given, or some other, she will frequently nurse her child twelve to fourteen months. This affects her health, and makes her sick; if she is sick, the child is sure to be sick, and then the poor thing must have the breast a little longer—it would be too bad to take it off then. And the longer she waits the worse for both of them, and a severe sickness or death is the consequence. It has been my experience that the child and mother both get along the best when the child is weaned at about nine, or at longest ten, months. And as for the fears above spoken of, if she will read my chapter on conception, and follow the doctrines there taught, or have her husband use the male safe, she need have no fears of more family, or of bad health from over-nursing.

This closes the treatment upon all the main diseases which woman is subject to at or soon after her confinement. Other diseases of women and children not noticed here are treated under their proper heads, as found in the index.

CHAPTER VII.

DISEASES OF CHILDREN.

INTRODUCTORY REMARKS.

I have already, in the preceding chapter, given you a treatment for babes soon after they are born—for washing and dressing the child, and dressing the navel: on dressing the child loose, feeding the child before nursing; also for galling and excoriations, and of the meconium, etc. I will now proceed to give a treatment on a series of difficulties which often afflict those of both sexes through infancy, until they arrive at about the age that girls should be to become women, when I shall again confine my treatment to the female sex, through their various diseases, until they arrive at the turn of life—making this a chapter of interest to the mother in raising her children of either sex. And I would take occasion here to remark that a very large amount of the usual sickness of children might be avoided if the mother would have a general oversight of their peculiar habits and of their diet, as it regards the quality and quantity which they eat, and the regular time at which it should be eaten; and not allow children to be always piccing between meals, nor eat all of one kind—for instance, of cake or sauce—because they like it and will cry if they cannot be indulged in all such bad habits which they are so much indulged in at home, and which most sensible mothers would be ashamed of when abroad. I have

seen children made sick by making out a full meal of rich cake or pie or sauce, because they would have it or make a great fuss; and so the simple mother lets them have it to avert that fuss, and has a sick child to attend for ten days and nights, and a doctor's bill to pay, for her foolishness. I used to wind up all such fusses in my family when the children were from ten to fifteen months old, on short notice, and if necessary, while they were across my knee; hence I never was obliged to buy wisdom so dearly as some have on those subjects. I never lie to my children, nor allow it done to them by the nurse; hence when they are told that they cannot have any certain thing which they ought not to have, that is the end of the law; and the child would soon learn never to ask the second time when refused, and would be just as content, because he thought if pa or ma said no that they knew best, and it was all right, and was satisfied that all due favors would be given if it was for the best.

Other serious troubles grow out of carelessness on the part of the parents in letting their children take cold, by poor shoes and clothes, and foolish habits, for want of law and order, or in other words, good government and proper care. You should always remember that a child is a child, and minds childish things, and should be indulged in childish sports. This is nature, and all right, and should be indulged; but you should also remember that there is a time for all things, and all things should be attended to in their time and place. You should arrange proper places and play-grounds for your children, and see that they attend to it at the proper time and place, and then you can easily keep them quiet and orderly at other times when you want order; but this is seldom done, and their natures must have vent, or confusion reigns triumphant. I have frequently heard parents tell their children ten or fifteen lies at a time in the space of as many minutes, without one word of truth to divide them, and then wonder why their children were so bad; and go where you may, and if you will watch closely, more than one half of the assertions and promises to children are falsehoods. The consequence is, they will not believe them when they do tell

the truth, and they soon lose all control over them, if they ever had it to lose. This is especially the case when they are sick and taking medicine. They will tell them that bitter or sour medicine is sweet, and the child, who is the wiser of the two, after being lied to so much, concludes not to be fooled again, hence refuses to take any medicine. In the first place, the medicine should be fixed as pleasant as possible, and in as small a compass as you can, and then if it is sour, bitter, or sweet, tell them so, and with any little common sense applied to their childish reason, the dose will go down with a good grace, and they will get the benefit of it without all the great nervous excitement which is usually exhibited on such occasions. Frequently half of the medicine, and sometimes none at all, is given which is left by the doctor, because the child could not be hired, coaxed, or driven to take it, which has often been the cause of the death of the child, just because there had been so much lying done that he would not believe the truth when it was told him. In this way the parents are punished for violating the laws of nature, in not cultivating truth and good order in their families.

Much other sickness, again, grows out of a neglect in not attending to hard colds. When it is discovered that a child has a cold, all you have to do to remove it is to take him through a short process of washing and anointing with the magnetic ointment, put him in bed, give hot catnip tea, with a hot brick to the feet, and if a cough attends give the cough sirup freely, especially on going to bed, and one or two such operations open the pores of the skin by a good sweat, which leaves the skin soft and oily, and prevents him so easily taking cold again, and a long spell of sickness is avoided, and perhaps death. But carelessness must be punished, for if a law of nature is violated, and the cause is not speedily removed, the severe penalties must follow. Then if you do not want to mourn the loss of a darling child, just attend to hard colds when they come, and what is still better, do all you can to prevent their coming. It is almost universally the result of carelessness that children get sick. It is an old and true saying that a stitch in time saves nine. But the excuse gen-

erally is, I know he has a hard cold, but I have not time to attend to it now. Now just look at this fact right here : you know that all fevers and all the various other diseases grow out of hard colds, and that if you do not attend to that hard cold you stand one chance in two or three at least to have a long spell of sickness come upon that child, as a consequence of your neglect. Now which will you have, one hour's work and ten cents' worth of medicine bestowed upon that child now, or will you have two or three weeks of hard toil, care, and restless nights, and perhaps a funeral and a large doctor's bill to pay, if you neglect to repair the broken law of nature, whose penalty is just as sure to come as the sun is to rise? And how long do you need to live in this world with these things acted out in bold relief before you can learn the consequences following such neglect? Just look about you on every hand and see one third of the people dressed in mourning on the streets, and pick up a newspaper if you can that does not record a death of some one; see the graveyards white with marble—and tell me if you can how many of the number have died at a good ripe old age, as God designed them to, and perhaps to your surprise, not one in five hundred of all this carnage has died with old age. Then what caused their premature death? You may trace their diseases back from one cause to another, through all of the various phases of chronic or acute disease, and you will at last settle upon the fact that they neglected a hard cold to start with. And if spoken to at that time about their danger, they would reply, "Why, it is nothing but a hard cold." These hard colds are the keys which unlock the portals of death, and usher their victims in.

RUPTURE (HERNIA).

From crying and various other causes children are afflicted with rupture. When this happens, the earliest attention is required. The child should be placed upon his back, then press the tumor with the hand until it is all returned to its proper place; then apply a compress of cloths folded half an inch

thick, the size of the tumor, and secure them with a bandage; then wet the folded cloths constantly with as strong a tea as you can make of oak bark and alum, or of crane's-bill root, witch-hazel leaves, tannin, or any other good astringent. If the bandage cannot be made to hold it back to its place, you will have to apply a truss until the astringents effect a closing up of the rupture, and a sufficient strengthening of the parts.

SORENESS OF THE NAVEL.

About the time the umbilical cord separates from the child and comes off, there is apt to be some soreness of the parts. For this trouble you may bind on a small poultice of slippery elm, with a little sweet oil, or the oil of cream added to it. But if there is not much inflammation or soreness, you may only sprinkle the parts with elm flour or starch, and if too much discharge occurs, sprinkle it with a little pulverized crane's-bill root or tannin.

CLUB OR DEFORMED FEET.

When it is found that children are born with crooked or deformed feet, they should be immediately twisted around to their place, and thus secured by splints and bandages, which causes little or no pain while the joints are loose and relaxed; and by being kept in this situation a short time they will remain straight. This should not be neglected until the joints and muscles become firm and set and the bones stiff and hard.

INFLAMMATION OF THE MOUTH (ERYTHE- MATIC STOMATITIS).

This a simple inflammation of the mucous membrane of the mouth, and is very common among children during infancy. It may be confined to the tongue, or spread over the whole mouth. It sometimes becomes very severe, going down

into the throat and stomach. It occasions redness and pain in the mouth, and fretfulness of the infant, causing it to quit the nipple suddenly when suckling. A frequent result of this inflammation is a secretion and exudation of a white, matter-like curd; it appears in small points and patches. This is the thrush, or what nurses call children's sore mouth. In very slight affections of this kind a wash of the mucilage of slippery elm may be sufficient; but in more severe cases, you should use the sore-mouth gargle, composed of sage, spotted elder bark, canker root, sumac bobs, alum, borax, honey, blood-root, oak bark, sassafras, gold-thread, etc., all of which are good, but a combination of all or several is much better, and never fails to effect a cure in a very short time.

INFLAMMATION OF THE GUMS (GINGIVITIS).

During the cutting of the teeth the gums are apt to become inflamed, red, or livid, swelled and painful; the child is languid, with a hot dry skin, the pulse is small and quick, little appetite, and much thirst, the tongue is covered with a thick, yellowish fur. When ulceration takes place, and is allowed to go on, the teeth become loose, black, and rotten, and often soft and pulpy, a flow of fetid spittle takes place, the breath of the child becomes offensive, and its countenance pale and sallow, the gums bleed with the least pressure, and a profuse diarrhoea fills up the list of ills.

TREATMENT.—In the first stages of the disease, mild washes to the gums, such as borax water or crane's-bill root, will be sufficient; but in more severe stages, the sore-mouth gargle recommended in the preceding complaint will be found very useful. If this should fail, one more astringent may be better: take white oak bark two ounces, boil in a pint of water down to half a pint; in this dissolve half an ounce of pulverized alum, and wash the gums with this every two hours through the day. A very strong decoction of green tea, say a table-spoonful of the tea to a teacupful of water, makes a good wash, and is more pleasant to the taste.

CANKER, THRUSH, OR SORE MOUTH (APHTHEA).

DESCRIPTION.—This is a disease to which children, more particularly, are subject. It appears in small white ulcers upon the tongue, gums, and around the mouth and palate, resembling small particles of curdled milk. When the disease is mild, it is confined to these parts, but when violent and of long standing, it may extend through the whole course of the alimentary canal, from the mouth down through the stomach to the anus, and excite severe purgings, flatulence, and other disagreeable symptoms. The disease, when recent and confined to the mouth, may in general be easily removed; but when of long standing, and extending down the stomach and intestines, with improper treatment, it very often proves fatal. The thrush sometimes occurs as a chronic disease.

CAUSES.—The retention in the system of acrid humors turned inward upon the mouth, stomach, and bowels, which should have passed out through the skin, but could not escape for want of oil in the skin to keep the pores open.

SYMPTOMS.—It generally shows itself at first by a burning heat in the stomach, with an uneasy sensation, which comes on by slow degrees and gradually increases in violence. After a time small pimples show themselves on the tip and edge of the tongue, which at length spread over the whole mouth, and occasion such a tenderness and rawness that the patient cannot take any food of a solid nature, neither can he bear any vinous or spirituous liquors in his mouth without pain. It is accompanied by a dry skin, pale countenance, small pulse, and cold extremities, and difficulty while nursing. These symptoms will probably continue for some weeks, the general health being sometimes better, and sometimes worse; and then the patient will be attacked with acrid eructations in the bowels, or severe purging, which greatly exhaust his strength, and produce considerable emaciation of the whole body. After a time these symptoms cease, and he again enjoys better health; but sooner or later the acrid matter shows itself again in the mouth, with greater violence than before,

and makes frequent translations to the stomach and intestines, and so from these to the mouth again, until at last the patient is reduced to a perfect skeleton. Elderly people and those of a shattered constitution are more liable to the disease.

Infants are subject to an inflammatory affection of the mucous membrane of the alimentary canal, generally classed as a species of diarrhœa, but known also by the name of aphthæ, or thrush, from a symptom which attends it in one of its stages. It chiefly occurs between the fourth and eighth month, and among such as are fed partially or wholly upon spoon food. There is reason to believe that it is always connected with an improper diet, and want of a clean, soft, and oily skin. It is characterized by vomiting, fetid eructations, pain, diarrhœa, and some degree of tenderness of the belly on pressure; the stools are green and slimy and tinged with blood; frequently they are ejected with great force. As soon as any food is taken into the stomach the child has a motion, giving the appearance as if it passed immediately through the bowels. As the disease advances, the tongue becomes red, the mouth is covered with aphthæ, and the verge of the anus, or lower end of the bowel, appears inflamed. The brain also becomes affected. The child is frequently drowsy before the aphthæ or canker appears. This symptom is vulgarly called sleeping of the thrush. Drowsiness is occasionally observed to come on toward the termination of the complaint. The infant becomes rapidly emaciated.

There is a peculiar and painful sore mouth, or canker, incident to nursing women, which extends throughout the whole intestines; it sometimes assumes a very obstinate character. This and other kinds proceed from acrid secretions, which cause an inflammation of the lining membrane of the stomach and bowels.

TREATMENT.—No time should be lost in the treatment of this disease before it has proceeded too far. Inasmuch as it is caused by a retention of acrid matter in the system, such a course should be pursued as to give it every possible chance to escape from the system, and at the same time to

counteract its influence by alkalies and astringents. The first thing to be done in almost any stage of the complaint is to open and soften the pores of the skin by washing in alkali water, or taking a hot or steam bath; then bathe freely with the magnetic ointment, or take a course of treatment as laid down in this work for opening the pores of the skin. At the same time the neutralizing cordial should be taken every two hours, sufficient to operate as a cathartic, which will close the bowels somewhat, and leave them astringed; and the soda in the same does much to kill the life of the acrid or sour canker. The same is also taken up by the skin in washing, and goes into the blood for the same purpose. After the effect of the cordial has been produced upon the bowels, then the sore-mouth gargle recommended in the former complaint should be given every hour, about one teaspoonful to a child of ten years old, and others in proportion to their age. If this should not check the diarrhœa which may attend, you can give to a child three years old three to five grains of equal parts of crane's-bill root and soda mixed, every one to three hours, as the case may require. If the diarrhœa continues, you may give injections of raw starch and water freely, and if much pain attend, or if the passages are bloody, you may add to each injection a little laudanum—say, to a child three years old, one third to one half a teaspoonful—until the distress is removed. The washing, anointing, and sweating should be repeated every day, or twice a day, while the skin is dry or feverish.

Perhaps there is nothing that will counteract canker in the system better than the free use of soda, astringents, and capsicum. With small children, the capsicum, or cayenne pepper, is quite a severe remedy to get down; still where it can be used it has a charming effect. It will stimulate the whole system to a natural action without raising a fever, and is excellent as a gargle for sore mouth or throat; but with small children it is objectionable to some on account of its being so bad to take. Thompson, in his practice, makes it the leading remedy for all such complaints; still I seldom use it except in urgent cases, on account of the objection of taking it; and

I seldom or never fail of curing these diseases with the treatment first laid down in this connection. I have sometimes had from forty to fifty cases of diarrhœa and summer complaints on hand at a time, without even losing a case by the treatment here laid down. As these difficulties are mainly caused by canker in the system, this course has never failed in perfectly curing it; also old chronic cases of camp diarrhœa, which have baffled the skill of several physicians, can easily be cured by this course of treatment, if you only keep in mind the main things, and work to overcome them, viz., keep the skin clean, soft, and oily; then give the neutralizing cordial until it changes the color of the passages, then gently astringe with equal parts of pulverized crane's-bill root and soda. To an adult I give half of a heaping teaspoonful every two hours until checked, in an acute attack; but in chronic cases, only three to five times a day, as in this latter case it is better not to check it too rapidly, for fear of giving rise to inflammation of the bowels.

Still it is not always the case that a diarrhœa attends this complaint, and where it does not, the object should be to counteract the canker with such remedies as will not astringe the bowels too much. The crane's-bill root in this case, being a powerful astringent, might be partly or wholly left out, as the case may require, also the alum; still they are among the best remedies for canker, and should only be left out when it is absolutely necessary, from their too astringent effect on the bowels, which you cannot counteract by cathartic medicine.

The following is a very good preparation for canker of all kinds, also for sore throat and enlarged tonsils. They are all good canker remedies; but it is not absolutely necessary that you should have them all in order to make a good canker gargle, or sirup, as a combination of a few of them is good. But as I always have a large assortment of all such remedies on hand, I use the following selections: Two ounces sage leaves, two ounces spotted elder bark, two ounce sumac bobs, one ounce alum, one ounce crane's-bill, one ounce borax, one ounce gold-thread, one ounce blood-root, one ounce inner bark white oak, one ounce sassafras-root bark or essence.

Put all of the above in a kettle, cover with vinegar, and boil until the strength is extracted; then strain and add four pounds of honey, or two pounds of honey and two pounds of loaf sugar. This generally makes about two quarts of the compound, of which a teaspoonful may be given very often, or once an hour, until a cure is effected. But in case it should astringe the bowels too much, you may either leave out some of the astringents or give something to relax the bowels a little, to counteract its astringent effects. A little rhubarb, or senna, or a little of my regular cathartic compound, which is composed of two parts of senna, one part of jalap, and one twelfth part of cloves, may be given sufficient to relax the bowels once or twice a day.

GRIPING OR COLIC IN BABES.

This is a very common occurrence, and for one of the best of reasons. From the fact that, generally speaking, when the child cries, it is put to the breast as a matter of course with most mothers, and the little sufferer increases his troubles by nursing and loading his stomach still more; while the crying was caused in the first place, in nine cases out of ten, by pain in the stomach from not being able to digest the food which he had already taken, which caused colic, or griping. The next resort with most mothers is to dose it with a powerful dose of Mrs. Winslow's soothing sirup, Bateman's drops or Godfrey's cordial, all of which contain a large share of opium. The effect of this is to lay him out for a while under its deadening influence, until its effect has mostly passed off, when the pains return; and after a severe jolting on the knee, to jar and injure the sore and tender stomach and bowels, down goes another dose of the above cordials, and soon the child is still, under its deadening influence. This operation has hindered the mother about her work, and now while her babe is asleep she must make up lost time, and consequently she delves into her work with all her might to get a certain amount done before the baby wakes up. And the consequence is,

that when it does awake, it is only to fill its stomach from the breasts of an over-heated and tired mother, whose exhausted body can only furnish food which will be sure to increase the evil which we have been speaking of in the child. And who is there who will not acknowledge that this is a fact, which causes nine-tenths of all this kind of suffering with nursing children? And still some of them, from force of habit, will still continue its practice, and try to make themselves believe that it must be done.

Much might be said here about over-taxing nursing mothers, which is almost always the case; but I will forbear, in this connection, fearing I should be too harsh upon their dear husbands, who allow them to do the work of two females while they are nursing, because it costs so much to hire a girl, which they thought nothing about a few minutes before the child was begotten. Poor fellows, how I pity them! who never look at consequences, and allow their wives to overwork while nursing, to say nothing about the circumstances at the time of the child's conception, and while the mother was in travail, etc. All of which tend to make crying children and fretful parents. But I have said enough in this department of causes, and will now speak of the remaining one or two causes which produce this complaint where the child has been prudently managed.

Children with nervous temperaments are much more liable to colic and distress in the bowels than others, and when so afflicted, are apt to make more ado it. They are also more subject to costiveness, and while the hardened contents of the bowels are being propelled from one section to another it is apt to cause pain and produce colic and flatulence. Overnursing, and taking cold, or nursing a cold from the mother, is another great cause of this complaint. This fills the stomach and bowels with poisonous matter, which they are not fully prepared for, which causes various troubles, like colic, griping, sourness of the stomach, wind, etc. Mothers should be very careful in regard to their diet, labor, and taking cold while they are nursing, for all the impurities of the body are more or less bestowed upon their tender infant from nursing.

TREATMENT.—Colic, as a general thing, is caused by overloading the stomach; and nature, as a rule, will cause them to vomit until the stomach is unloaded of its surperabundance, which gives us a good hint as to the first and best remedy in such cases. Therefore when the child has colic, give it a little ipacac every ten minutes until it vomits freely. This unloads the stomach, and will generally afford immediate relief, and by the nausea it opens the pores of the skin and relaxes the system. If this should fail, you should give it a spoonful or two of the neutralizing cordial, made of peppermint, rhubarb, and soda. This will help to counteract the wind from the effect of the peppermint, and any sourness of the stomach by the soda which it contains, and also to relax and soften the contents of the bowels by the rhubarb contained in it; besides, it is a harmless medicine, if neither of the above complaints should be the cause. Another good remedy is to apply a cloth wrung out in hot water to the bowels, as hot as can be borne. For wind, a tea of sweet flag is an excellent remedy. A hot bath is good to quiet most all kinds of distress in children. Attention should be paid to the bowels to see that they are loose and natural; if not, give them a little of my common-sense physic of senna, jalap, and cloves, or a little rhubarb sufficient to cleanse the stomach and bowels; keep the skin clean, soft, and oily, by frequent washing, and the use of the magnetic ointment, or oil of cream.

Another remedy for colic is to give them a few drops of tincture, or tea of lobelia; or blow through a lighted pipe from the bowl, while the stem of the pipe is in milk, and you will thus impregnate the milk with the fumes of tobacco; of this give a few spoonfuls every ten or fifteen minutes until the child is quiet; this soon nauseates the stomach a little, which relaxes the whole system, and soon gives relief.

Colic is often caused by tight lacing; you should never pin the clothes tight around the child, but leave them so you can easily pass all your fingers between them and the waist. Also see that the child is kept warm, and at the same time has plenty of fresh air and light, but not too strong light at first until the sight can bear it.

COLIC IN ADULTS.

This disease might be divided into several kinds, viz., flatulent colic, bilious colic, painter's colic, etc. ; some being caused by wind, others by bile, and the latter by poison being received into the system from paint or other minerals. Where colic is caused by wind, I would recommend the use of my pain killer to be taken freely, as it soon removes most any kind of colic in a short time ; take a teaspoonful in water and repeat every fifteen minutes until relief is obtained. Sweet flag or peppermint is also a good remedy, and if severe use hot fomentations with cloths wrung out in hot water and applied to the bowels as hot as can be borne ; at the same time give a cathartic powder of senna and jalap, and combine with it something stimulating, like cayenne pepper, cloves, cinnamon, ginger, or the like, or some good spirits may be taken. At the same time brisk friction should be made with the hand over the seat of the disease for some time, which will cause heat to the surface, and frequently remove the wind in a short time. If the colic has been caused by overloading the stomach, give an emetic, and hot sweating teas, and repeat until a free perspiration is produced.

Stimulating the bowels will be found of much use in this complaint, and no remedy will be found for that purpose more powerful than capsicum, or cayenne pepper, which may be taken freely internally, and a tea of the same applied externally, with plenty of friction with the hand. I have lately found a small root called colic root, which is a sure cure in ten minutes. I hope to be able to describe it before I finish this work. It is invaluable.

BILIOUS COLIC is caused by a want of bile, or a too free discharge of the same. If by a want of bile, there will be great costiveness of the bowels, when a portion of physic should be given at once, also injections combined with physic in double doses should be given, and such a course taken as to produce a free evacuation of the bowels as soon as possible ; also sweating remedies to open the pores of the skin, as it is a stoppage of these pores which has retained in the blood

and deposited in the liver poisonous matter, which has caused an obstruction in the free flow of bile, to keep the bowels in motion, and to throw off their contents. It is frequently the case that vomiting occurs, for which give a strong mixture of pepper, salt, and vinegar, in teaspoonful doses, every five or ten minutes, until it is checked. Any pain killer will be found a good remedy for colic if it does not sicken the stomach too much, which it may do if taken very often. If cramp or spasms should attend this complaint, the lobelia should be given in quantities sufficient to relax the system; if this cannot be obtained, give a tea of skull-cap, or lady's slipper root, or skunk cabbage, or blue cohosh, or motherwort, or slippery elm, all of which possess antispasmodic properties. If the complaint is caused by a too free discharge of bile from the liver, a free evacuation of the bowels will attend the complaint. In this case stimulating remedies will be of great service. The pain killer, capsicum, peppermint, and sweet flag, with soaking the feet, and getting the patient into a sweat, and the use of hot fomentations applied to the bowels, will soon afford relief. If the diarrhœa should continue too long, an astringent powder of equal parts crane's-bill root and soda, in half teaspoonful doses, may be taken every two or three hours until it is checked. If there is much pain, a teaspoonful of laudanum may be given, and repeated every two hours, for two doses; or the same may be added to a solution of starch, and injected with a syringe up the bowels, which will allay all pain and irritation in a short time. The white pine touchwood (a sort of toadstool), which is found on green pine trees, steeped in water and taken freely, is an excellent remedy for bilious and painter's colic; it is said to never fail, and those subject to this complaint should keep it on hand for this purpose. The root of devilbit is another powerful remedy, to be used in the same way. There are two kinds, both possessing similar properties; the one growing on marshes, with a somewhat grassy-looking top, is the strongest; the other grows on sandy plains, throwing up a straight, single stalk about two feet high, the top half of which is covered with a blue button-like flower, set thick along

the stalk, and remains in blossom for some time. The root is angular shaped, knotty, and hard as wood when dry, is generally about the size of a small hen's-egg, the inside of it is of a gray cloudy color, and when green has a smell of balsam, or spirits of turpentine, and when bruised, imparts an oil. This is a very valuable root for all internal pains, and also acts upon the kidneys and urinary organs. Another good remedy in all kinds of colic is to apply mustard or horseradish leaves, bruised, to the bowels, as long as the patient can bear, or until quite a redness is produced.

SORE EYES IN BABES.

Babes, soon after their birth, are apt to be exposed to the light of a candle or lamp, before the sight is sufficiently developed to withstand the strong rays of light, which causes inflammation, and sometimes is the cause of thick, heavy films, also the total loss of vision. Great care should always be taken not to let light of any kind come too strongly upon them for the first few weeks, until the sight becomes strengthened. But if by any means inflammation should set in, take the twigs or pith of sassafras and bruise, and soak in cold soft water, which will form a nice cooling mucilage, and wash the eyes often, and keep them clean. This will remove the inflammation in a few days; or you may use my eye-wash, made of the white of an egg, sulphate of zinc, and morphine, reduced one half with water (see eye-wash); or you may dissolve sugar of lead the size of a pea, in a teacupful of cold water, and use as a wash; and see that the bowels and skin are kept soft and open. But never allow visitors and others to look at the babe with the light shining into its face, which is a too common practice, and one which should not be allowed at all until the babe is three or four weeks old. Sore eyes in babes are universally the result of carelessness and ignorance.

WEAK, SORE, AND INFLAMED EYES.

Perhaps I could not spread ink to any better advantage than to curse the usual mode of treating sore eyes. I will here remark, that nine tenths of all the treatment for sore eyes is too harsh, and does more harm than good. Even the best of remedies are spoiled in this way, by being used too strong. They do not appear to take into the account that the eye is the most tender and sensitive organ in the human organization, and doctors will then dash into the eye a medicine which will almost take the patient's life, and then stand and laugh at his agonies, and tell how much better he will feel when he gets over it; and well they might, and still do the eyes more harm than good. This complaint not being strictly a female disease, I must give it a short description and treatment.

CAUSES.—In several states, a chronic inflammation of the liver prevails to a great extent, with many cases of ophthalmia, or inflamed eyes. In all cases of sore eyes, the first thing to be done is to ferret out the cause, and in a very large number of cases you will find that nine tenths of them proceed from impure blood being thrown to the head in undue quantities; while the feet and extremities are cold, and there is very poor circulation. This is almost always the case in chronic liver complaints, which often produce the disease by enlarging the vessels of the eye; and by equalizing the circulation of the blood, the evil is removed at once. Still other causes frequently produce the complaint, such as external injuries, blows, contusions, wounds, irritating matter introduced into the eyes, exposure to bleak winds and cold, a too free use of spirituous liquors, suppression of accustomed discharges, long exposure to strong light, a fixed attention to some small object, and inversion of the eyelids. It is symptomatic of certain other diseases, as measles, small-pox, scurvy, scrofula, syphilis, contagion, etc.

TREATMENT.—The first thing to be done in the treatment of this disease is to remove any foreign substance, if there should be any, from the eye, and then the irritating cause,

whatever it may be; and secondly, to reduce the inflammation as soon as possible. In all cases of inflamed eyes, there is a rush of blood to the parts, which enlarges the vessels of the eye, and makes the evil still worse. Hence, one of the first things to be done is to equalize the circulation, or stimulate the feet and limbs, so as to call the blood forcibly to them. This will lessen the vessels of the eye, and give immediate relief, if not produce a permanent cure. This can be done by soaking the feet in hot water, as hot as can be borne, then add more hot water every few minutes as you can bear it, for half an hour; then wipe them dry, and bathe the feet and limbs in stimulating ointment (see stimulating ointment), made from the oil of butter and cayenne pepper. Also bathe the body with either the stimulating or magnetic ointment freely, and drink sweating teas, to cause a free perspiration. This will cause the blood to flow freely to the feet and surface, and call it away from the head; the sweating will also remove much irritating matter in the blood. This process should be repeated daily until a cure is effected. At the same time, it is well to give a potion of physic, to cleanse the stomach and bowels, and to keep the bowels loose while under treatment for the eyes; you may at the same time use my eye-wash, composed of the oil from the white of a boiled egg, fifteen grains sulphate of zinc, and three grains of morphine. This makes the best eye-wash for all affections of the eye I ever saw, and will remove the inflammation in a very short time, without overacting upon the tender vessels of the eye. It should, as a general rule, be applied to the eye three times a day, with a soft camel's-hair brush drawn into a goose quill, or any other way in which you can apply one drop to the eye. The zinc is very cleansing, and would cause severe pain were it not combined with the morphine, which deadens the sensation of the nerves, while the oil of the egg is very healing. Altogether this is the best wash I ever saw. I have known it to cure in a very short time when all other efforts failed.

A wash or poultice made from the pith or twigs of sassafras is very cooling and good by mixing in equal parts of rose-water, in this complaint. If the pain is great, you may steep

stramonium leaves (called jimson, or stinkweed) to a strong tea, and add a little laudanum, and wet a cloth and bind on, and change often so as to keep them cool.

One drachm of borax to eight ounces of boiling rain-water makes a good wash, and is cooling. A poultice made from the flour of slippery elm mixed with equal parts of milk and water, is of much importance to use at night, when not using the eye-wash. For babes and children, it is sometimes necessary to lay a thin gauze cloth over the poultice to keep it out of their eyes, but this should be avoided as much as possible, as the cloth often prevents its full effect. The washes should be used for children in a diluted state at first; I would mix about one third water, then increase the strength as they can bear.

REST AND QUIETUDE.—The patient should keep his room as much as possible, and not aggravate the disease by exposure to the light.

ANODYNES.—When the patient is very restless and wakeful, and suffers severe pain, you should give him an anodyne fever-powder; to an adult about three to five grains, or what would lie upon a five-cent piece of silver. (See anodyne fever-powders.)

TEETHING AND LOOSENESS OF THE BOWELS.

Children suffer a great many complaints while cutting their teeth; some infants suffer much less than others, but all undergo more or less pain during this necessary operation, which disorders the system in various respects. When the child cuts its teeth in the most easy manner, the pressure of the gums, however slight, gives pain, and produces an increased flow of the fluids furnished by the mouth. The child is fretful during the night, and is constantly putting its hands or anything it can get hold of into its mouth. The spittle which it is constantly discharging from the mouth robs the stomach from its usual powers of digestion, and produces a disordered state of the stomach and bowels, generally causing a looseness, or diarrhœa.

During the time between the cutting of the lower and upper teeth the child generally improves in health and strength, but in a short time it is again subjected to the same uneasiness. In strong, healthy, and fat children a fever generally comes on, which is sometimes violent, while they are cutting their teeth. The gums are swelled and inflamed, the eyes much disordered, the belly round and hard, the skin hot, and the child cries or worries constantly, and nurses apparently in much pain. Sometimes it is unable to suck, and its sleep is very much disturbed; vomiting frequently attends, and sometimes a looseness or diarrhœa, which reduces the strength and flesh of the little sufferer, while almost universally various nervous affections and a fretful disposition attend, which cause great trouble to the mother or nurse. Fits are frequently the result of this nervous prostration, for the treatment of which look under the head of Fits. Various other symptoms occur under these circumstances, most of which are too well understood by all mothers to require a further description at present. I would only say, that by this disordered state of the stomach, and want of digestion, worms breed in the bowels, which continue there for a longer or shorter time, generally until they are from eight to twelve years old, and sometimes longer; and on taking cold or becoming diseased in any way afterwards, these worms, lacking their usual food in the bowels, are almost sure to come up into the stomach, where they cause great mischief, producing various nervous symptoms and cough, and the child is frequently doctored for other diseases for a long time, while worms are the real cause of the fever, etc., which attend, and of which most doctors seem to be willfully ignorant.

TREATMENT.—While children are teething it is well to give them some gentle tonic or stimulant to strengthen their digestion, which will relieve them of much of their present troubles, also prevent worms from breeding, which are always a source of much mischief afterwards, and which are generally mistaken by the allopath or calomel doctors for other diseases; and the child frequently dies under their treatment for typhoid fever, consumption, etc., while nothing but worms

was the matter. I have known scores of such cases, and have been frequently called to prescribe after they have given them up to die. And by giving asafœtida every two hours, it would turn the worms down out of the stomach, and at the same time strengthen their nerves, and they would appear better in a few hours, and be able to take a treatment for worms, and in ten days be at play in the street.

While children are teething, mothers are apt to give some of the various soothing sirups for sale at the drug stores, which are almost universally composed of opium, which only deadens the pain for the time, without doing anything to remove the cause of the distress. If an anodyne is thought necessary, you will find a good compound in this book, under the head of Soothing Sirup, which controls their nervous symptoms, with only a very small proportion of opium in it. The following wine tonic and nervine is a good remedy to strengthen digestion and control the nerves, and prevent most of the worrying on these occasions: Mix one ounce tincture golden seal, one ounce fluid extract valerian, six ounces good wine, four ounces loaf sugar. Dose to a child one year old, one teaspoonful three to five times a day. It is necessary while children are teething that the bowels should be loose, but not to run off to such an extent as to weaken them. If the bowels should be costive, which is sometimes the case, let my common physic be given, which is composed of senna, jalap, and cloves, in a sufficient quantity to cleanse the stomach and bowels, and after that, if costiveness continue, give a little each day, sufficient only to keep them in a loose and natural state, or give my liver sirup as they may need to keep the bowels regular. It is very seldom necessary to lance their gums. Nature, if not obstructed, will generally do her own work best; therefore when the gums are red and swollen, and the child is putting everything it can get to its mouth, it is best to give it a hard crust of bread to bite on, from which it will obtain some nourishment at the same time. There is frequently fever at this time, and sometimes, with nervous temperaments, fits are the result. For the fever, wash them all over with saleratus or soda water,

made a little slippery, rub them dry, and bathe them freely with the magnetic ointment, made from oil of cream, and repeat every day while the fever lasts; also give them of my fever-powders, about one grain, or all the stomach will bear, every two hours while the fever remains.

If fits, spasms, or nervous symptoms attend, give them one fourth of a teaspoonful of fluid extract of valerian, or one or two grains of *asafœtida*, or one fourth teaspoonful of *lobelia* tincture, or a little tea of lady's-slipper root, or of skull-cap herb, or of blue cohosh root, and similar antispasmodic remedies, to regulate the nerves, from time to time, as they need. A warm bath is also excellent to prevent fits, open the pores of the skin, and throw off a fever.

FITS OR CONVULSIONS.

The term "convulsion" is usually applied to all kinds of spasmodic affections, such as hysteria, or hysterics, epilepsy, etc. In treating the complaint, I have in view fits or convulsions which often occur in children, which assume no specific character, but which will at the same time apply to most of the fits in adults. Fits in children are generally the result of worms, or the striking in of some eruptive disease, or from teething, or from some acrid matter in the stomach or intestines.

SYMPTOMS.—Previous to an attack of convulsions in men or children, there is often great debility, with an unnatural appearance of the eyes and countenance. At other times there is a hasty accession of the complaint; the patient is suddenly seized with a spasmodic affection of the face, body, and whole extremities; he trembles and shakes violently, and is attacked with cramping and involuntary twitchings of the muscles and tendons; the teeth are clinched, and he issues a discharge of saliva from the mouth; the pupils of the eyes are contracted, and the fit is fairly on.

TREATMENT.—The first thing to be done while the fit is on, and while preparing a warm bath, is to give the child a

little salt and water if he can swallow it, or what will be still better, a teaspoonful of tincture of lobelia, and at the same time loosen the clothes, and rub the stomach with the hand lightly and quickly, so as to produce heat under the hand by the friction. This operation will relax the muscles, and bring them out of the fit in a very short time. Never allow yourself to be excited while the fit is on. I have known a thousand foolish and hurtful things to be done by this over-excitement, which would not have been done at all if every one had remained calm and self-possessed; besides, a person can never recall the best remedies to use while so excited, until after the fit is over, and it is too late to use them.

As a general thing, there is so much excitement and haste that if one has a good remedy at hand she will be sure to bump heads with some one, or stumble over a chair or something, and spill it before it can be used. You should first give a dose of lobelia, or salt and water, and rub the stomach, until a hot bath can be prepared, which will relax the muscles, and bring them out very soon. If the fits have been caused by bad diet, or some offending substance in the stomach, give an emetic. After the fit is over, the patient will lie stupid for a while, not having much realization of anything, until the blood can become equalized, and the brain assume its former consciousness. Where children or adults are subject to fits, you should always have some good remedies on hand, and ready for immediate use. The frequent use of nervines, and caution about overtaxing the nerves, are good preventives for fits.

TONGUE-TIED CHILDREN.

Sometimes the cord of the tongue is so contracted that the child cannot nurse or suck. When this occurs, and only then, there must be a very slight incision made with a pair of scissors, or lancet. The cut must be very small and superficial, lest a blood-vessel should be cut. And if the child can nurse, this operation should never be resorted to. In almost every case this is an imaginary complaint.

IMPERFORATED VAGINA.

Sometimes a thin membrane forms across the mouth of the vagina or passage to the womb, which partially or wholly closes it. This is very easily divided with a lancet or pair of scissors. If it forms over the orifice or mouth of the urethra, or passage from the bladder, the child cannot pass off the urine. This, however, is of rare occurrence, as I never had but one case of the kind. But it is more frequent that it forms back of or above this passage. In this case no serious consequences may occur until the child arrives at the age of puberty, when her menstruation will be obstructed, and cause great mischief. A small incision with the lancet should be made to separate it as soon as it is discovered, and a little piece of cloth, dipped in melted beeswax, inserted until healed.

CHOKING.

Infants often become choked by getting various substances into their throat. When this accident occurs, let the child be immediately turned upon your lap, with its face and head downwards; then strike it on the back with the flat hand gently a few times between the shoulders, that the concussion caused upon the lungs may throw it out; if this does not immediately remove it, then introduce the forefinger to the throat to remove it; if you fail of this, give an emetic as soon as possible, and but few things will operate quicker than a tea of blood-root.

WEANING.

This should be done when the child is from nine to twelve months old, according to circumstances; later than this is generally injurious to the mother, and of no use to the child; still many mothers continue the practice to prevent raising more children. This, however, generally proves a very poor

preventive, especially if their monthly courses have come on since their confinement. Some are very sanguine in the belief that the weaning should be done when the sign of the zodiac is in the feet, or below the knees; hence they watch well the almanac and moon for that purpose. How much philosophy there may be in this practice I could not say, for I do not remember whether I was weaned in the moon or some other planet; and I have never been able to discover any difference in the weaning of any of my own children or those of others; still it certainly can do no harm to follow the practice, for those who believe that it makes any difference. One thing is certain, that the moon has a great effect upon vegetation, in the planting of potatoes, and the decay of green sward, which will rot in one fourth the time if turned over in the right time of the moon.

FOOD FOR THE CHILD.

Diet for the child after weaning may be pure milk two parts, and water one part, slightly sweetened. But caution should be used not to oversweeten, as is usually the case, as this sours on the stomach, and produces indigestion, worms, and a thousand other evils which cause children to be sick and worrisome. The object should be to imitate the mother's milk as much as possible, especially those who are brought up on a bottle.

A child, as a general rule, from nine months to one year old ought to be gradually weaned. And the appearance of teeth, and the fact of their commencing to chew, shows the propriety of giving food a little more substantial than milk alone. Bread after it is a day old, mixed with milk, and sweetened a very little, may be given in connection with nursing. Gruel, arrowroot, plain bread, Indian and rice puddings, custard, and as they grow older, bread and butter, thickened milk, Indian-meal puddings, or gruel, potatoes, and various vegetables which are easy of mastication and digestion may be given. But not one particle of meat should ever be given. By the use of meat the system becomes excited,

and the stomach irritated. This hinders the nutrition from being taken up by the absorbents about the stomach and bowels, on account of their inflamed state. It also produces scrofula, and other organic changes in the glands and bowels, and not unfrequently upon the brain and lungs. In these instances the child generally eats heartily, but nevertheless remains thin and poor, and in this case is subject to frequent flushing of the face, and irregularity of the bowels; also headache and restlessness. His mind partakes of the general irritability of the system; and peevish impatience takes the place of placid good-humor, natural to a healthy child. In this state the ordinary diseases of childhood are apt to come upon them—such as whooping-cough, measles, scarlet fever, mumps, etc.—and are often attended with an unusual and dangerous degree of constitutional disturbance; and when inflammation takes place it is borne with difficulty, and the system does not easily rally under these circumstances to throw off the disease. The digestive organs become inflamed or irritated, and the various secretions immediately connected with digestion are diminished, especially the biliary secretion; constipation of the bowels soon follows, congestion of the hepatic and abdominal cavities succeeds, and is followed by a train of consequences too numerous to mention. The wonder is, not that so many children die, but that so many live under this early mismanagement which most of them receive. A morbid condition of the system arises extremely favorable to the production of scrofula, consumption, dyspepsia, and other diseases, under which, perhaps, the infant sinks; yet, strange to state, parents will stuff their children with flesh, pork, and grease two or three times a day.

WARM CLOTHING.

Nine tenths of the infants suffer more or less from the improper manner in which they are clothed. It makes but little difference with most mothers and nurses whether the weather is hot or cold, about so much must be pinned around them as

tight as it can be drawn; and in hot weather especially they almost die with suffocation, for want of a full long breath which they cannot take, from being laced so tight. They are unwilling to observe the same rules with the child's dress that they do with their own, to produce comfort and ease. The universal rule should be to dress the child loose, a certain amount of air should circulate about the waist, under the clothing, and in no case should the dress be so tight as to hinder a free expansion of the chest. Let the body be gently rubbed every day with a piece of flannel after washing, to create a good circulation of blood to the surface. The amount of clothing should be varied according to the state of the weather; and in cold weather soft flannel should be used sufficient to keep them warm and comfortable, and should be changed as often as convenient, and kept clean. Watch them well to see that they are neither too cold nor too warm, and avoid all sudden changes of the atmosphere, and see that the skin is kept soft, moist, and a little oily. If too dry and husky, bathe them with the magnetic ointment, as directed in this book, or with the oil of cream.

BATHING.

I would recommend a warm bath twice a week for all infants, whether sick or not; if sick, it should be used every day. When I say warm I do not mean hot. Water heated to about ninety-five degrees is generally about as pleasant as at any other temperature. It has the effect to cleanse the skin, and call the blood to the surface; in fact, it appears to act as an anodyne and nervine. It quiets the system into a healthy repose, under almost all circumstances, and is a good preventive against disease; also good to help nature to throw off irritating matter from the blood when suffering under disease of any kind. Too much alkali should not be used in the water, so as to extract all the oil from the skin, except it be replaced again by the oil from cream. I have often known this practice carried to excess, and the skin become dry and husky under such treatment.

PURE AIR AND EXERCISE.

Nothing is more exhilarating to a babe than to have plenty of pure air, and when of sufficient age, exercise. Perhaps none can see the need of this more than the physician, who makes it his especial business to visit the sick-room, where he generally finds it confined, and every avenue of air and light strenuously shut out. Air and light are the two main harbingers of health, and yet how frequently we find the sick-room darkened, and every possible avenue for God's pure mountain breeze strictly cut off. This robs the lungs and blood of that vitality which is so much needed, even in the infant in a state of health, and especially so if sick.

There is no danger of a child taking cold by breathing pure fresh air. The danger consists in its being brought in too sudden contact with the skin. Hence you should always have your rooms well ventilated, to let off all the poisonous matter in the room, and to admit plenty of pure air, whether sick or well, only be sure to protect the body from a draft. When a child is of sufficient age to bear a ride in a little wagon, or to be carried in the arms of the mother or nurse, it should be taken out daily. But if drawn in a hand-cart, never allow it to ride backwards, which is so frequently done by heedless nurses and other, who will shove the cart before them so they can see and talk to the child; for you should remember that but very few grown-up people in a state of good health can ride in a stage or the cars in this manner but a short time before becoming sea-sick, as it is termed. It is still worse with tender infants who soon become dizzy and more or less seasick to their stomachs, and fall into a sleep which is anything but refreshing to them, and thus they will remain more or less all day. This pernicious practice deranges their health, and does them more hurt than good, which must be self-evident to all who will properly consider it. Nor is the custom of wrapping them too close in the cradle less pernicious. One would think that nurses were afraid lest children should suffer by breathing pure air while asleep, as many of

them actually cover the child's face while sleeping; and others, again, will wrap a cover over the whole cradle, by which means the child is forced to breathe the same air over and over again while it is sleeping. Children need all the pure air they can get, and ought not to remain in a room where cooking and washing are done, or where the air is made impure by the unhealthy vapors from the stove, any more than can possibly be helped.

WORMS (VERMES).

DESCRIPTION.—There are many kind of worms found to inhabit the human organism, but a description of these may be condensed into three different kinds, which are generally found, and all other kinds produce similar symptoms, and require similar treatment. These three kinds are the *tania*, or tape-worm, some of which I have seen four rods long; the *teres*, or round and long worm, generally from six to ten inches; and the *ancarides*, or round short worm, which generally infests the rectum or lower bowel, and is about half an inch in length, and is generally found in untold numbers. There are various other kinds sometimes found, but as I have said, they do not require a separate description and treatment. The tape-worm is so called from the fact that it somewhat resembles a long string of tape, from three eighths to five eighths of an inch in width. It is very long, and full of joints one fourth to three fourths of an inch apart. It is white, and grows to a great length. It breeds in the stomach and small intestines. The round long worm is also bred in the small bowels, and sometimes in the stomach. The round short worm generally breeds in the rectum or lower bowel, or if bred above, they generally settle down there, which occasions a disagreeable itching of the anus, or termination of the rectum; besides this itching about the seat, they sometimes cause swoonings, and tenesmus, or an inclination to go to stool. The long round worms cause sickness at the stomach, and sometimes vomiting, a disagreeable breath, gripes, looseness, swelling of the belly, swooning,

loathing of food ; and at other times a voracious appetite, a dry rattling cough, convulsions, epileptic fits, and sometimes a privation of speech. The symptoms of the tape-worm are similar to those of the long round worm, but more violent, and seldom affect children.

CAUSES.—Various causes may be given for the production of worms, but they are seldom found except in weak and relaxed stomachs, where the digestion is bad ; children at and after the time of teething, and especially those who have had their food much sweetened, and use plenty of candy, are apt to have a sour, relaxed stomach ; in this case digestion is very imperfect, and the food sours and decays, in place of proper digestion, at which time most of the worms found in all children are then started and sometimes remain in the bowels for many years, and are ready to come up in the stomach where they root, like a hog, in the mucous membrane of the stomach to abstract their food, and thus irritate the nerves of the stomach, which sometimes raises a fever, and produces a general nervous irritability. Those who eat unripe fruit, or food hard to digest, are those most subject to worms. And after they are once produced in the system, they generally remain in the small bowels, where they do comparatively little harm ; but if the patient takes cold, or has any of the prevailing diseases of the season, the worms then lack their usual food in the small bowels, and come up to the stomach, and sometimes to the throat, where they do much mischief. While the child is laboring with some other disease, then they are always on hand.

SYMPTOMS.—The common symptoms of worms are paleness of the countenance ; at other times a universal flushing of the face, while at the same time there is a whiteness around the mouth and nose ; itching of the nose, and swelling of the upper lip ; sudden starting up and grinding of the teeth while in sleep ; the appetite sometimes bad, at other times quite voracious ; sour breath, looseness, and hard swelled bowels ; great thirst ; the urine frothy, and sometimes of a whitish color ; griping or colic pains ; an involuntary discharge of saliva from the mouth, especially while asleep ; frequent

pains in the side, with a rattling, loose cough, raising but little, and unequal pulse ; palpitation of the heart, swoonings, drowsiness, cold sweats, palsy, fits, with many fretful, peevish, and nervous symptoms. The child is generally hard to please, and very troublesome. Small bodies of a light color in the excrements, resembling melon or cucumber seeds, are symptoms of the tape-worm. It is not to be supposed that any one child will have all or even one fourth of these symptoms, but different temperaments and different circumstances throw out different symptoms, so that in this connection it is necessary to enumerate them all, that some of the above may be readily noticed with any child troubled with worms.

TREATMENT.—The treatment for worms is very simple when properly understood. One main thing to be kept in mind is that they proceed from a debilitated state of the stomach, and consequently a tonic should be given, both for the purpose of preventing them, and to keep up the strength of the system after they commence their debilitating effects upon the constitution and nervous system. The first thing to be done when a child is troubled with worms is to ascertain if there is much mucus or phlegm in the stomach; if so, I give a potion of physic to cleanse the stomach; then I give half a teaspoonful of cowhage, mixed in honey if I can get it, if not, in molasses, to be given half an hour before eating and repeat three times through the day, or three mornings in succession, and the next morning after the three doses are given, give another potion of physic, which generally brings them away; sometimes, however, they are cut up so fine that it is difficult to see them, but by adding water to the vessel, and letting it stand a short time, a scum will arise, which if closely inspected will be found full of little round rings, which are the ribs of the worms. If by any means this should fail on the first application, I repeat the operation the next day, or the next three days, except where the child is very low and extremely debilitated; in such cases I give a small powder of asafœtida every three to six hours, which acts as a stimulant and nerve, and drives the worms out of the stomach down into the intestines, which stops all the peculiar symptoms for the time

being. I then give a wine tonic made mostly of wine, tincture of golden seal, and valerian, and after the strength is sufficiently restored, I then repeat the cowhage and honey or molasses, as before, until I succeed. Some are afraid to give the cowhage, because it will irritate the skin if applied externally. But this is an unnecessary fear, as the stomach and bowels are always lined with a mucous membrane which will resist the cowhage, so that it cannot possibly pierce it; and if there is too much of this mucus in the stomach it will protect the worms also, hence a failure to bring them away, until the mucus can be sufficiently cleansed from the stomach, so that the cowhage will come in contact with them and pierce them, while they are eating the honey or molasses with which it is mixed. One thing should be strictly observed, viz., you should not give the child any other sweet while giving the cowhage, as this might attract them away from that mixed with the cowhage. This method of killing worms is strictly mechanical, as you might steep a pound of the cowhage and give them the tea to drink, and it would have no effect whatever. After succeeding in this way, I give tonic and nerve to strengthen them, for a fever seldom remains after the irritating cause (worms) is removed. But if a fever should be present, I first give physic and fever-powders, and wash and anoint the patient until it is thrown off, and then give the tonic, etc. If worms ascend to the throat and choke the patient, give a little salt and water, or a powder of asafetida the size of a pea, which will turn them down, or bathe the neck with spirits of turpentine and give them three to five drops on sugar. The salt and water if repeated occasionally will keep them down, and sometimes bring them away. This is valuable for any kind of worms, and if none should exist, it will cleanse the stomach and bowels, and prove very beneficial. If the small pin-worms should infest the rectum, you may inject a little salt and water, or a very weak solution of tobacco, either of which will remove them; but be cautious of the tobacco.

Another remedy for worms, and one which has been used for many years by almost every family, is to take pink-root,

Alexandria senna, and manna, of each half an ounce, bruise all, and add one pint of boiling water; let it steep a few minutes, sweeten with molasses, and add a small quantity of milk; of this, give a child five years old half a gill three times a day on an empty stomach. If it does not purge the bowels, increase the dose until it physics them pretty freely; give to other children in proportion to their age. This is generally pretty effectual in expelling different kinds of worms from the system.

When children have become reduced from the effect of worms, and have weak digestive organs, it is well to give them a tonic and nervine to strengthen them. The following is a good preparation: Add to one pint of any good wine one ounce of tincture of golden seal, and one ounce of tincture of valerian, or lady's slipper, and four ounces of loaf sugar; of this give to a child three years old a tablespoonful three to five times a day, which will strengthen his stomach, and soon revive him to a natural state of health; give to others in proportion to their age.

If you wish to bring away a tape-worm, which seldom affect children, you will find that the course to be pursued is more mechanical than medical. The object to be pursued is to make its conditions such that it will voluntarily pass off. The tape-worm is very long, and occupies a lengthy space in the bowels, with its head up; hence, as the bowels are set in motion, it as naturally crawls up as a fish will swim up a stream, and if the head is not got away, although you may get several yards of its body, still it will continue to grow in length just as well. Now, if you can make it dormant or lazy, and indifferent, and make the bowels so slippery and set in such motion that it makes it difficult for it to crawl up, even if in a sprightly condition, then you are pretty sure of it. My rule for this is to starve the patient as much as he can bear for a day or two, or go without one or two meals. This starves the worm the same. Then peel half a pint of pumpkin seeds, and chop them up fine and steep them to a thin gruel, and let the patient take this with a little sweetening of honey. Let this be taken early in the morning into the stomach,

or as fast as the patient can conveniently get it down ; of this the hungry worm will soon devour all he can, and then he lies satisfied and stupid. It is well to take plenty of honey with the seeds and afterward until you commence taking the oil to physic. In three hours after you take the seeds take a potion of my physic powder—a large one. This operation stupefies the worm and makes the bowels so slippery that he cannot well crawl up, and is thus brought away, tail first ; and when the worm begins to pass off, great care must be used not to pull on it so hard as to break it in two, but you should wind it around a cloth as fast as it passes ; then take food to strengthen again. Some will use a teaspoonful of cowhage in honey, or arrowroot jelly, given half an hour before eating, three times a day, then a powerful potion of physic ; this course has proved successful in many instances, especially when garlic and salt are taken freely at the same time. Another remedy is to take one drachm of the oil of male fern twice a day before eating, and the second day take a powerful physic. A strong tea of sweet fern, drank freely for several days, is sometimes used with great success. Two pills of brown soap the size of a pea, taken twice a day for several days, cured one person in England when all other means failed. (For best treatment, see tape-worm, in my receipts, No. 99.)

THE SKIN.

The skin is a smooth, delicate, external membrane, which lines the whole body, and forms the most beautiful covering. It is the last stroke of the great artist, nature, which gives the finishing touch, and makes the form divine. It is very superficial ; and without it, or if removed, the most disgusting and revolting spectacle would be presented. Hence it is said that “beauty is only skin-deep.” First is the scarf skin, being the exterior part ; insensible and rough. It is this which is raised in blisters ; it is constantly wearing off, and as often renewed. Next to this is a very thin layer of paste, called *rete mucosum*, and on this depends the color ; in the African it is jet black,

in the Indian copper-colored, in the Spanish yellow, and in our race white. The third and last coat is the derma, or true skin, which is thicker than the others, and lies next to the muscles; it is freely supplied with blood-vessels and nerves, and its color is nearly the same in all races of men. The skin is a most important function in the animal economy. Two thirds to three fourths of the fluids taken into the system pass off by the skin. It has an infinite number of pores, which are designed to carry off extraneous and hurtful fluids from the blood, and hence, when they are obstructed, so many diseases follow. And I go so far as to say that every disease first originates by an obstruction in the skin. At the bottom of each of these innumerable pores is a little sac, or bladder, and sometimes two or three of them connected with each pore in the skin. The blood is carried from the heart in the arteries, which lie down very deep in the flesh, to the surface of the body and limbs, where they branch out into a thousand little fibers or vessels under the skin, which are called capillaries; after looping up and down under the skin, they come together again, and form the veins, which carry the blood back to the heart, where it mixes with arterial blood; and after being vitalized by the lungs, it makes another circuit around the system, which generally takes from three and a half to four minutes to go out to every part of the surface and back to the heart again.

In this manner you will see that nature has provided a beautiful economy in the mechanism of the system to carry the ripe or positive particles, which I claim are living animals, which have most of them been through a development or metamorphosed state, as the caterpillar changes to the butterfly, and is now ready to leave this organization and attract to another on a higher plane of existence, where it can follow out the law of all matter, viz., a never-ending development or progression. Thus we are ever taking on matter from our food and drink, and thus it is ever passing off; and while the general laws which govern the human body are not obstructed in their course, good health and long life is the result in every case. But the cause of most of our sorrows, pains,

and sickness is generally an obstruction in the natural current of this class of matter as it comes on and goes off from the system. From this view or standpoint in the matter you will see the importance of proper diet, and of keeping the pores of the skin in a natural condition, that they may not be obstructed, and throw the poisonous matter back upon the internal organs.

It is a lamentable fact that ninety-nine out of every hundred of our physicians almost or entirely overlook the state of the skin while treating all the various diseases of the country, when it should be the first thing attended to in all diseases, especially in fevers and inflammations. They trace various diseases from one cause to another, and from one organ to another, and most of them can go no further than to claim that fevers, etc., are caused by inflammation of the nerves lining the blood-vessels. This may all be so; but what causes this inflammation of the nerves lining these blood-vessels? This question I have never heard satisfactorily explained by any of the learned quacks of the old medical schools. And in order to understand the first or primary cause of disease, we must account for the cause of this inflammation. In the first place, all will admit that the blood is full of living animals, as the microscope has already developed over one hundred kinds of little mites or flukes floating in the blood. Some breed and have their home in one part of the system, and some in another. But in accordance with the unerring law of nature, when they arrive to a certain stage of development they become positive to the system, and are, or should be, the most of them, expelled from the system through the pores of the skin by insensible perspiration. This nature has wisely provided for; and when not obstructed, she is sure to accomplish it. But now we will look to first causes. It is well known that by improper diet, over-work, and exhaustion, exposure, and various other causes, nature by this violation fails to furnish the proper amount of oil in the skin; hence the skin becomes dry and shriveled, and one pore after another becomes obstructed and closed up, and cannot discharge its share of these used-up particles from the

blood; hence the blood, sooner or later, according to the amount of violation, becomes filled with these flukes, or monsters on a small scale, which are propelled with great velocity through the blood-vessels and capillaries; around and around they go, trying to find an escape from the system, until at last the blood is filled with them, which are of various formations—some like serpents, some in the form of alligators, some in the form of shell-fish, rough and uncouth as they may be; all are propelled pell-mell through the tender and sensitive blood-vessels, which are lined with nerves; hence an inflammation is the result of this friction and irritation, and a fever is produced. But when you wash the skin under these circumstances with warm salaratus or sal-soda water, rub it dry, and then bathe freely with my magnetic ointment, or the oil of cream, which will soften, relax, and open the pores of the skin; then by giving some hot sweating teas, it will throw these impurities to the surface, where they will freely escape through the pores; and by a repetition of this process, the worst and most malignant fevers may be thrown off in two or three days, from the fact that this process assists nature to overcome a violated law; and the whole obstruction is soon removed from the system through these innumerable pores of the skin.

There is a great difference in persons in the organization of the pores of the skin. Some are very fine, thin, and delicate, while others, again, are rough, coarse, and the pores are large and open, and are not very easily stopped up, or clogged by the escape of matter from the system. Those of a fine and delicate structure of skin are much more liable to consumption and lung affections; while those of a coarse structure are more liable to liver complaint, ague, etc.

HEALTH OF MOTHERS WHILE NURSING.

It seems that it should be a self-evident fact that all mothers ought to see at a glance that their health while nursing has a direct influence upon the health of the child. But

hundreds of them appear almost willfully blind to this, and still continue to nurse their children, regardless of what may be the matter with themselves. If they would but reason one minute they would see that the body of the child is being formed entirely from the food they are continually drawing from their breasts. And if they are unhealthy, or have any eruptive or latent or chronic disease about their system, it is sure to mix with the milk in their breasts, and go to help form the body of that tender infant, where it will sooner or later show its effect upon its health. I have heard some mothers say they would rather nurse than not, for they always feel the most free from their peculiar disease at that time, and enjoy the best health.

Shame on their ignorant souls, that they cannot see that they are loading that tender child with disease, and that consequently for the time being they are free from it themselves. This is a species of selfishness which is too horrible to think of, yet many suffer it to go on, while they are more or less conscious of the fact themselves. Thus thousands of persons are now struggling with diseases of a life-time which they nursed from their mothers; while if they had either been put upon the breast of a healthy wet-nurse, or been brought up upon the milk of a healthy cow, they would have had a comparatively good constitution, and enjoyed good health, thus saving a life-time of misery. If their parents had really desired offspring, and knew that they had some chronic disease which would be transmitted to the child, they should have followed the directions given on generation in this work, and managed to have a fresh-milch cow at that time, on which to raise the child. The sin would not have been so great under these circumstances, for then the child would only have partaken from the mother until its birth, which surely would have been enough, without building up every muscle and bone of the system for nine to twelve months afterwards, thus strengthening the disease which was already planted in the system from its parents.

DIET OF THE MOTHER.

Mothers while nursing should be cautious about their diet, and as a general rule use light, moist food, which is easy of digestion, and never use any article of food which causes a bad effect upon the child, if they know it. If the child is costive, the mother should use a loosening diet, or take a little physic, sufficient to relax her own bowels, which will also relax the bowels of the child; and *vice versa*, if the bowels are too loose, she can take an opposite course, and soon regulate the bowels of the child. This is a much better course to pursue than to give those medicines directly to the child. It also has a much more harmonious effect upon the child, because the medicines act through the medium of the mother. If she should not have a sufficient quantity of milk, she should use a light vegetable diet, and avoid everything of an astringent or stimulating nature, like black pepper, etc., also avoid pork, and greasy meats, which afford but little or no nourishment to the child; wash and bathe the body often and use the magnetic ointment, and counteract every tendency to a feverish state of the system. Many mothers work too hard while nursing, and heat the blood, which always has a bad effect upon the child; this should be avoided as far as possible, and with a little care in that direction, the most of the evil can be overcome, and get just as much work done, if you will take it slow, and rest occasionally so as not to overheat the blood.

PASSION OF THE MOTHER.

If mothers while nursing suffer themselves to give up to passion, it has a similar effect upon the child. If their nerves become excited, it affects their milk, which in turn affects the child in a similar manner; also by overwork, the muscles become exhausted; this has a debilitating effect upon the child. Hence the mother after working and worrying all day nurses the child, who will worry all night, and thus the rest of both is broken up, which poorly prepares them for the next day,

and the consequence is that the mother and child are both sick in a short time, and a week or two of time is lost, and a doctor's bill to pay, and perhaps even a worse state of things may result from just a little intemperance on the part the mother, which might have been avoided if a reasonable course had been pursued. Then remember this, and not buy your wisdom so dearly in the future.

SLEEP OF CHILDREN.

What is more pleasing to behold than a sleeping child? At that time sweet innocence has put on its brightest garb, and a more heavenly sight, when properly considered, cannot well be presented. The sleep of any infant is of the utmost importance to its health and growth. Sleep is a negative state of all the faculties of sensation, and the negative attracts, while wakefulness is its opposite, or positive state, which repels. Hence while a child is growing and attracting matter on to the body faster than it is thrown off, it should sleep more than at any other time. Good refreshing sleep of an infant is always pleasing, and it should never or seldom be awakened to nurse, as some mothers are in the habit of doing, fearing it may get hungry. Let it sleep; it will always awake if it needs more nourishment. Never cover the face while sleeping if it can possibly be avoided. Although sometimes the flies are so thick that it seems necessary to do so to keep them away. If it is done at all, you should bend some hoops about the head of the bed, to hold the mosquito bars or gauze with which you cover them, so high as to admit plenty of air under them, so as not to rob the lungs of their proper nourishment from the atmosphere. I am now trying to invent a machine not only to keep off the flies from the sleeping babe, but to fan them at the same time. This, if I can make it work, will be a perfect godsend to the little ones, who are generally annoyed so much by flies in hot weather as to disturb their rest very much.

INFANTS TO BE KEPT WARM WHILE SLEEPING.

Infants while sleeping should be kept warm; not that they should be smothered, but sufficiently warm to relax the whole system into a gentle and sweet repose. This is nature's own condition. If the weather is cold, they should be covered with soft flannel, about and over their bodies, to keep them sufficiently warm so that the skin may relax, and let off a free insensible perspiration. This is necessary for the purifying of the blood from all the used-up particles which should seek an escape from the system. If they are not sufficiently warm, the skin will remain contracted, and shriveled, and retain most of this poisonous fluid; which soon tells too sad a story upon the health. If the weather is too warm for their comfort, then the covering should be very light, so that they may not suffer from heat while asleep. A very young babe requires to be kept warmer than one a year or two old. They should at no time be kept so warm as to cause the perspiration to break forth profusely, except it be to break up a cold or fever in case of sickness; every mother or nurse can easily decide this question if she will pay attention to them while sleeping and not after getting them out of her arms leave them to the mercy of the elements, as some nurses do, and feel glad that she has got them off her hands, while she may romp or stroll to some other locality, perfectly regardless of the peculiar condition of that child while sleeping. Mothers too often leave the tender infant in the hands of careless and heedless girls to care for it, and the babe suffers, both while awake and asleep, from sheer carelessness or ignorance on the part of the nurse. This produces disease, and often causes death, while the mother is ignorant of the real cause. Good judgment and watchfulness are necessary qualifications in a nurse, but which I am sorry to say few possess. They appear to have a poor idea of what a tender infant requires, so long as they feel happy themselves.

EXERCISE.

Before the child learns to walk, nature begins to require exercise to a certain extent. This should be given in a judicious manner. It is well to take it in its little carriage and draw it around to take the pure air, which is very exhilarating, or it may ride out with the mother or nurse. But it should never be shoved in a cart or carriage, backward; this confuses the intellect, sickens the stomach, and does the child more hurt than good. Neither should it have exercise too long at a time; this tires it out, and has a bad effect. Judgment should always be used as to when a child has exercise enough. Mothers are sometimes at fault, again, in this respect. They have certain cares and duties to perform, and are glad to get rid of the child for a time, for some one to draw out in a little carriage. This they will allow done by some of the older children, who will overdo the thing entirely, and do the child more hurt than good.

A mother's mind can therefore never be wholly at rest except the child is cared for by a nurse who is fully competent to use judgment in all things appertaining to the comfort of the child. Inexperienced and careless girls are frequently hired to fill this responsible place because they can be hired cheap. But they are the most expensive girls you can hire, and they frequently cost you the life of your sweetest offspring.

If you cannot afford to take good care of your children, do not have them. You will stand responsible to all eternity for the life of that child who died in infancy through your carelessness or neglect. O, yes, say many mothers, this may do to teach, but who can practice your hints on generation? They come when they are not wanted, and we must do the best we can while we have so many, and make the best of it. Then read my chapter on generation, and the means of its prevention, and you will not find it hard to follow out the instructions there given.

LEARNING TO WALK.

This is often crowded upon children too early in life, before the bones become sufficiently hardened to stand the pressure; hence crooked limbs and various deformities are the result in some cases. Parents are frequently proud of their children, and mothers frequently boast that their child is so smart as to walk at eight months, all of which is generally brought about by a system of training for that purpose. This is generally premature, and has bad results. Nature is the best guide, as some children will be able to practice walking much earlier than others, but when the bones and muscles become sufficiently hardened and matured, they will begin to make an effort to accomplish that feat; then, and not until then, should they be encouraged in that direction.

SIGNS OF DISEASE.

If you watch your children you will generally see some signs of disease as soon as it appears; then is your time to take the matter in hand to assist nature to throw it off. You will sometimes notice stupidity, at others a fretful disposition; then again its sleep is disturbed, and it will appear to groan or labor in its sleep; also a dry, shriveled skin, with a flush upon the cheek; at other times paleness of the countenance, languor, and general debility. At such times it is well to see that the bowels are natural and free; if not, give the child a very small dose of gentle physic, and wash it all over, rub dry, and anoint with my magnetic ointment, and give a little catnip tea, and by being careful and watchful a few days, you will be able to throw off an attack of disease, which if neglected would prove a source of great danger and trouble.

HOW TO NURSE SICK CHILDREN.

As I have already said, the washing and anointing of sick children will be found of the utmost importance; and by all means give them a mild treatment. Never suffer yourself to

give them mineral medicines. They are too harsh and severe for their delicate structures, and they overact in all cases. Hence the allopath doctors seldom claim much in the cure of children, well knowing they do them more hurt than good. But let your treatment be of a mild course, what is generally understood as good nursing; or in other words, make their conditions right, so that nature may throw off the disease in a natural manner. Keep the pores of the skin soft and oily, and the bowels loose and free, and endeavor by gentle roots and herbs to assist them in various directions to keep up a harmonious action over and through the system. If a fever attends, give sweating medicines, like catnip tea, etc. If a diarrhœa is present, give those of a regulating and astringent nature, or combined with a stimulant. If chills and ague should be the prevailing symptoms, then cleanse the stomach and bowels thoroughly, and give tonics between the chills, hot sweating medicines when the chill is on, and more relaxing and sweating medicines when the fever is on; also wash often and bathe with the ointment before mentioned. Thus, under all the changing circumstances, you should change your treatment in such a manner as to help nature to repel the influence of the disease, let it be what it may. But good care and the application of simple herbs, which can do no harm, is always the safest course to pursue, and one which will universally control the disease much quicker than any other, and you can do it yourself and save a large doctor's bill, and probably the life of your child besides. If some particular disease common to children should be present, then refer to the treatment under that head, found in this book.

APPEARANCE OF DIFFERENT RASHES.

Most children are subject more or less at times to rashes of some kind; most of which, in babes, are consequent on a stoppage of the pores of the skin, and a tendency to canker in the system. It is well, therefore, on the first appearance of a rash of any kind, to wash the surface all over with a

solution of saleratus, soda, sal-soda, or castile soap, making the water warm and a little slippery, rub dry, and bathe with the magnetic ointment; repeat once a day while it lasts, also give them a little of the canker or sore-mouth gargle, four to six times a day, which will counteract all tendency to canker. If some of the prevailing diseases should appear, like measles, scarlet fever, etc., then I would refer you to the treatment in this book under that head.

A FEW WORDS ABOUT THE SICK-ROOM.

It is a common practice all over the country, when a person or child is sick, to draw down the curtains and darken the room; also to shut out every avenue for fresh air—which are among the worst things that can be done. Another practice is to put on a great deal of solemnity in the presence of the sick; and another and worse one still is to admit visitors at all hours of day or night, to keep them talking until they are completely tired out; or else to keep up such a chattering in their presence as to disturb their rest, and make them so nervous that they cannot sleep after the visitors are gone.

And especially, if they are thought to be dangerous, every person in the neighborhood considers it his or her especial duty to call upon them, and talk them to death if possible, and they frequently succeed; for I have known several who, if they could have had rest, would have got well in a short time but were literally talked to death. The doctors, nurse, and all concerned do not appear to realize how much it tires a patient to hear talking when they are very low, and what is worse, to hear whispering; this in adults arouses their suspicions of approaching death, which has a tendency to discourage them, and thwart every effort in them to arouse and throw off the disease.

In the first place, the room should be kept light. As well might you attempt to raise a healthy potato-vine in the cellar as to raise a patient to health in a dark room. You should always have the room well ventilated, that the patient may

breathe the pure air. A person never takes cold by breathing pure air; it is only done by a too strong current coming in contact with the pores of the skin, so as to close them suddenly, which cannot easily be done when a free use is made of the magnetic ointment, and the body kept well covered, to prevent a too sudden dash of the atmosphere. Nothing is more reviving to a patient than to be cheerful, and even mirthful; also music of any kind which they like to hear. This kind of treatment at proper times through the day often does more to inspire the powers of the system to throw off disease than medicine, and should always be practiced more or less in the sick-room, to keep up the spirits, and make the patient feel and believe that he is going to get well, especially if he is rather gloomy and nervous; you can soon get him to look upon the bright side of the picture, which inspires hope, and helps the patient to a great extent to become positive to the disease; and throw it off, and rise up from under its debilitating effects. Neighbors, and those who are not all the time present, by coming in and telling the patient that he is looking better inspire him with that idea, and in many cases will really benefit him in a short time.

But in following out this course you must always have law and order. Be sure, both day and night, to give the patient plenty of time to sleep and rest; do not judge his nerves and muscles by your own. He tires easily, very easily, and if you are not cautious you will overtax him before you know it, especially if he is much reduced. It is all very well to have visitors at proper times, when the patient feels as though he wanted them, and only then, and be careful that they do not stay too long; if so, as you value the life of the patient, you should be prompt to tell them to leave the room. It is so common for every one who comes in to tax the patient all they think he can bear, appearing to think that when they are gone the patient can rest, and all will be right. But immediately in comes another with the same views, and taxes him in the same manner, and so it goes, sometimes day and night, and no wonder that the patient dies of exhaustion.

WARM BATH.

The warm bath has of late become to be very much appreciated by all kinds of practitioners throughout the country. There is nothing used, perhaps, which is of more general benefit in all cases of fevers, hard colds, rheumatism, and I may safely say almost every disease, whether acute or chronic, than the warm bath, from the fact that it opens the pores in the skin, and thus lets the disease get out of the system, where it has been suppressed until dangerous consequences have threatened the life of the patient. And whenever this great key of health has been applied in a proper manner, the result has always proved favorable. There have of late been great claims set up for the hydropath and electropath system of practice, which combines the uses of cold water, and cold and hot water, with the use of electricity, in all the different phases as applied in modern times. But after all, the hot bath alone, without any of their various connections, as administered at their several institutes, has, in my opinion, outdone them all. Still in many cases, where it has been used in connection with electricity, etc., the electricity has got the praise of the cure, while in reality the hot bath effected it. It is well, perhaps, for the speculator in human ills to connect some wonderful operation with the use of the hot bath, for the purpose of attracting dupes to his establishment, where in many, and I may say in most, cases they are benefited. Still, if the patient would take them in his own house, at home, with the same precision and care, he would get just as much benefit, and save a large bill of expense. But this course would not please a large share of patients; as they have been more or less humbugged by most of their doctors about home, they would feel insulted if not humbugged abroad. Besides, with that class of patients, this system of practice would be considered good for nothing if it was not far-fetched and dearly bought. In other words, it must cost high, and be administered at some great establishment, to be good for anything. To such I would say, by all means go and get cured.

But to those of more humble means and minds, I would say, fix up your hot-bath at home, let there be one in every house; it can be done for a trifling expense to answer every purpose; and if you cannot fix one, take a good steam, by sitting on a board over a tub of hot water, with a blanket around you, while your feet are in a pail of hot water, and at the same time drink plenty of hot sweating tea, and if you use freely of the magnetic ointment, so much prescribed in this work, you will get just as good a bath as you could at a bath-cure where it would cost you in time, board, etc., five dollars. And if you make as frequent use of them, and be as particular about your habits and diet, you can get well just as fast at home and much cheaper.

CROUP.

This is an acute inflammation of the mucous membrane of the trachea, or windpipe, characterized by fever, cough, and hoarseness, difficulty of breathing, with considerable degree of spasmodic affection.

CAUSES.—The usual causes of croup are cold, exposure to damp atmosphere, and a sudden check of perspiration, from a want of oil in the skin, to keep the pores from remaining closed; this fills the blood with a mucus which forms on the inside of the windpipe in organized layers, until in severe cases it closes up the passage, and stops respiration entirely, except it be driven away by stimulating medicines, or loosened up by relaxing remedies.

SYMPTOMS.—The symptoms of this disease are first noticed by a peculiar whistling or croaking noise in coughing, or breathing with some difficulty. It frequently makes its appearance most at night, and is better through the day, then worse the next night, and so on for three nights; and with proper treatment it is thrown off, so that but little difficulty or danger is experienced; but it is not always thus easily disposed of. Children that are very fleshy are much more inclined to croup than those that are thin and spare. The cough increases, and becomes quite troublesome. It occurs

in paroxysms or fits, which agitate the whole frame, and cause great thirst, restlessness, and raising of mucus with great difficulty. The head is thrown back in great agony, as if to escape suffocation. The cough is generally dry, and if anything is raised it has either a purulent appearance, or seems to consist of films, resembling a portion of a membrane. There is an uneasy sense of heat over the whole body, with a continual inclination to change from place to place, with a frequency of the pulse; very often the symptoms differ considerably, and sudden remissions and changes take place. In an advanced stage of the complaint the breathing becomes more difficult, with some degree of spasmodic affections, being repeated at longer periods and with greater exertion, until at last it ceases entirely. The disease has in some cases terminated fatally in twenty-four hours, but most generally when it proves fatal it runs on to the third or fourth day.

TREATMENT.—On the first appearance of this disease you should wash and anoint the child all over, cover it warm, and give some nauseating or sickening remedy every ten or fifteen minutes, to keep the system relaxed, with a free perspiration over the body. The following are very good in this complaint: A few drops of tincture or tea of lobelia, my cough sirup, ipecac in one fourth teaspoonful doses, squills, or hive-sirup, or something of a sickening nature, sufficient to keep the system relaxed, or cause slight vomiting occasionally. At the same time you should dissolve all the salt you can in good vinegar, then make it quite strong with cayenne pepper, or capsicum, or use common pepper-sauce; of this you may give one fourth of a teaspoonful, or just enough to wet the throat, and at the same time wet a cloth with the same, and bind it on the front side of the neck, and keep it wet, and give it internally every fifteen minutes. This course is designed to relax the general system, while the stimulant, applied both internally and externally, will stimulate the parts to scatter off the forming membrane from the throat. A potion of physic should also be given, and a hot wet brick kept to the feet, to call the blood to the limbs, and help relax the whole system.

Another good remedy is to bind on hops steeped in vinegar, also breathe in the steam from them. I never bleed my patients in this disease, nor in any other, for that matter; still it is often resorted to; but I never heard of any good effects produced by this quackery process. Most people of late have become too wise to allow it to be done in their family; it has become about played out, as the term goes.

Families that have fat children, or those subject to croup, should always keep the herb or tincture of lobelia on hand for immediate use. Lobelia, blood-root, and ipecac, in equal parts of the tincture or tea, make an excellent remedy; dose for a child one year old, one teaspoonful every ten or fifteen minutes where you design it for an emetic, or half that quantity every half-hour to relax, and get the patient in a sweat; and soak the feet, or heat a brick hot and dip in water, and wrap in a wet cloth, and put to the feet. No time should ever be lost in controlling this disease as soon as possible. Steaming the throat, or binding on bitter herbs steeped in salt and vinegar, as hot as can be borne, and change often, is also very good.

WHOOPIING-COUGH.

This disease is generally confined to children, and rarely affects adults. It is contagious, and never appears the second time in full, but sometimes appears in a bastard form afterwards, and is called by some chin-cough. In its primary stage it is known by a strangulated, convulsive cough, with whooping, returning by fits, which are usually terminated by vomiting. The disease being once produced, the fits of coughing are often repeated, without any evident cause. The frequency of the fits may depend upon various exciting causes, such as violent exercise, a full meal, or from food which is hard to digest, and irritation of the lungs by dust, or disagreeable odors; excitement and emotions of the mind prove an exciting cause. It is evidently produced by contagion, the effect of which settles in the throat and lungs, producing a tickling and irritating cough, which affects the nerves of those parts, and makes them very sensitive.

SYMPTOMS.—The whooping-cough comes with a difficulty of breathing, some degree of thirst, a quick pulse, and other feverish symptoms, which are succeeded by a hoarseness, cough, and difficulty of expectoration. These symptoms continue for a fortnight or more, at the end of which time the disease puts on its peculiar and characteristic form, and is now evident, as the cough becomes convulsive, and is attended with a sound which has been called a whoop, or a difficulty of drawing in the breath while coughing. At the commencement of the disease there is little or no expectoration, or if any, it consists of a thin mucus, and as long as this is the case, the fits of coughing are frequent, and of considerable duration. When this peculiar sound from drawing in the breath has happened, the coughing is renewed, until a quantity of mucus is thrown up from the lungs, or the contents of the stomach is evacuated by vomiting; the fit is then terminated, and the patient remains free for some time and soon returns to his former amusements again, and also expresses a desire for food, and when it is given he partakes of it greedily. In those cases where the attack has been severe, he appears much fatigued, makes quick inspirations, and sometimes faints. By the violence of coughing the free transmission of blood through the lungs is somewhat interrupted, as likewise the free return of blood from the head, which produces that suffusion of the face which generally attends the attack, and in some cases brings on hemorrhage of blood, either from the nose or ears. This disease having arrived at its height, it usually continues for some weeks longer, and at length goes off gradually. In some cases, however, it is protracted for several months, or even a year, and sometimes terminates in other complaints.

TREATMENT.—In the treatment of this complaint, the main effort should be to assist nature in every part of the system. My rule to accomplish this object is to wash and anoint the whole body as often as once in three days, while the disease lasts; also to give my cough sirup, in sufficient doses to produce a little nausea, or sickness at the stomach, so as to keep the cough loose, that they may expectorate easily and

freely, but not so much as to spoil the appetite entirely. At the same time, steep white-pine touchwood, which is a kind of toadstool, or fungous growth found on green white pine, and give of this tea freely through the day. Where this cannot be had, I use the tincture of black cohosh, or squaw-root, made by soaking two ounces of the root in a pint of spirits, or it may be steeped in water, in the above proportion; dose for a child one year old, fifteen to twenty drops four to six times a day. This course will generally entirely control the disease in a few days, although a very light affection may sometimes remain for a few weeks.

My common fever-powder—composed of carbonate of soda 4 parts, camphor 2 parts, blood-root 1 part, ipacac 1 part, mixed and sifted and kept in a corked bottle—is an excellent remedy for whooping and all other coughs, as well as for hard colds. To an adult I give three to five grains, or about what would lie upon a five-cent piece, every two hours; to a child one year old one grain, and others in proportion to age. In order to get its full effect, it should be given in doses large enough to produce a very little nausea at the stomach, but not enough to cause vomiting. It is perfectly harmless; its only bad effect is to cause the stomach to throw it up when the dose is too large. It causes the child to rest, sweat, and to expectorate, by raising the phlegm freely; do not fail to try it for all fevers, hard colds, and coughs of all kinds. The stomach and bowels should be well cleansed by a cathartic, given every three to five days, or perhaps oftener when the cough is severe; and in mild cases the bowels should be kept loose.

In all cases when the cough is tight, and will not yield to the above expectorants, a light emetic should be given occasionally. The best preparation, and one which will operate quickly and easily, is composed of two parts of ipacac and one part of blood-root, pulverized and mixed; put in a teacup and add six tablespoonfuls of boiling water, and sweeten; of this give a child one year old a teaspoonful every eight or ten minutes, with a warm drink after each dose, until the child vomits as much as is desired. This is the easiest

emetic ever given, and does not strain the patient nor reduce the strength, if you keep the stomach full of warm water. It is well in this disease to soak the feet often, and keep a hot brick to the feet while in bed, and where the cough is very tight and unyielding, I wet a cloth with a tea or tincture of lobelia, and lay it over the throat and lungs until some sickness is felt at the stomach. When my regular cough sirup cannot be had, you may make a sirup of any or all of the following articles which you can obtain, viz., wild turnip, cow-slip root, elecampare, hoarhound, spikenard, comfrey, lobelia, skunk-cabbage root, and ipacac. Steep a part or all to a strong tea, and add equal parts of West India molasses, and scald and skim; dose, all the stomach will bear. Still, in order to make it sickening, some of the emetic articles should be put in, such as lobelia, blood-root, ipecac, etc., in order to make it relax the throat and lungs sufficiently. Another, which can always be had when the above cannot, is to boil corn cobs to a very strong tea, then add vinegar and honey. It is said to be very good. Also the juice of onions, garlic, and honey, with a little juice of lemon, is said to be very good. But I think that a strong sirup made from blood-root, and given in small quantities, will stop the tickling in the throat the quickest of anything I ever tried.

LOOSENESS, SUMMER COMPLAINT, DIARRHŒA, DYSENTERY, ETC.

These several diseases are generally classified and treated under their respective heads; still I consider them nearly one and the same disease, only different in the severity of the attack, and that all arise nearly from the same cause, only different in degree and the circumstances under which they occur. There appears to be a general law producing them all, and all can be treated under one general head, which will answer the purpose in this work, otherwise I should occupy too much space, and spoil my first object, viz., to condense much information in this book.

In the main, these complaints are produced by a check of perspiration, which throws the wastes of the system back upon the liver and bowels, which is one of the main causes of all the above complaints; still, other causes produce them, some of which I will name.

CAUSES.—Whatever has a tendency to obstruct perspiration may give rise to this complaint, by retaining morbid humors in the blood, which cannot find a sufficient escape through the skin, and are thus thrown upon the liver and bowels, causing irritation and inflammation, and all the symptoms of the disease in all its different stages, according to circumstances at the time; also unwholesome diet, night air, damp beds, wet clothes, eating of unripe fruit, worms, acids torpid state of the liver, which produces an acrid acid, which corrodes and irritates the mucous membrane lining the bowels; this causes the fluids in the blood which should be thrown off by the skin to be discharged upon the bowels, which irritates them, and causes them to increase their peristaltic or worm-like motion, which throws forward the fluids from one section to another; and where the disease has become intense, food will sometimes pass through the whole length of the bowels, and pass off by stool, in five or ten minutes from the time it was taken into the stomach. The various symptoms attending the different forms of this complaint are too well known by every one to require me to occupy space in their recital here. It will be understood that the more severe the attack the more thorough must be the treatment in order to counteract it, and the more quiet the patient must keep while suffering with it.

TREATMENT.—This disease in all its milder forms may readily be controlled, either in children or adults, by the use of my neutralizing cordial, taken once an hour in tablespoonful doses until it changes the color of the passages to a more yellow and natural appearance; then take the diarrhœa powder of crane's-bill root and soda once in two hours until it is checked. The doses and time of giving it should be varied, according to the urgency of the case. In cases of a more aggravated form, or where there is more or less pain in the

bowels, or bloody passages, you should mix a heaping tablespoonful of starch to a pint of lukewarm water (not hot enough to thicken it up), to this add one teaspoonful of laudanum, and inject it up the bowels of an adult or full-grown patient, and repeat every two hours until relief is obtained; at the same time give the astringent or diarrhœa powder above mentioned, which is composed of equal parts of pulverized crane's-bill root and soda.

For children, the quantity of starch and water must be varied, also the laudanum, in proportion to their age. In all cases the quantity of starch and water should be as large as you can force up, so as to throw it up as high as possible in the bowels. And the following proportion of the doses of laudanum should be mixed with what you can inject each time, and repeat every two hours, until relief from pain is produced; mix of laudanum for a child one to two years old, four to six drops; two to four years old, six to eight drops; four to six years old, eight to ten drops; six to eight years old, ten to twelve drops; eight to ten years old, twelve to fourteen drops, and so on in proportion to the age. Also give the powder every two hours. While this is being done, or at the commencement, you should wash them all over with saleratus or soda water, rub dry, and bathe freely with the magnetic ointment, and give them some hot sweating teas, or a steam bath, or you can heat bricks and dip in water, and wrap them up and put to the feet and around the body until a free perspiration is established, and repeat the operation every day while the disease continues, for it is in most cases caused by a check of perspiration, throwing the wastes of the system in upon the bowels, and when you turn the currents of these fluids out to the surface through the skin, you will generally check the disease at once. Sometimes, however, it is caused by indigestion and worms, also canker; if so, some special remedies for those complaints should be given at the same time. Sometimes I find it better to stop this complaint with a stimulant given internally than by an astringent. Hence I give of the following mixture, which I call cholera mixture, made of equal parts of tincture of rhubarb, capsicum (or cayenne pepper),

camphor, essence of peppermint, and laudanum; of this when mixed, I give to an adult half a teaspoonful in water, every half-hour, until relieved. To children that can be made to take it, in proportion to age. A child one year old, five drops every half-hour; three years old, ten drops, and so on. In all cases where there is great weakness of the bowels, this is an excellent remedy. Still but few children can be made to take the second dose, on account of its stimulating properties. Under such circumstances you should give the astringent powders every two hours, made of equal parts of crane's-bill root, pulverized, and common soda, in the following doses: for children—which of course you may vary in accordance to the urgency of the case, for it is a safe and harmless remedy—take a heaping teaspoonful of the powder, and divide it with a case-knife on a paper in the middle, then subdivide the parts, until for a child of one year old you make forty powders; two years old, thirty powders; four years old, twenty powders; eight years old, twelve powders; ten years old, eight powders; fifteen years old, six powders; and to a full-grown person, three powders. These, as above stated, should be given about every two hours, according to the urgency of the case.

The philosophy of this treatment may be seen at a glance; the washing and anointing, also the sweating, not only open the pores of the skin, but drive all the impurities to the surface, where they are thrown out through the skin, in place of being discharged upon the bowels. The cordial regulates the bowels, the soda will counteract and neutralize all acidity or canker, and the rhubarb will first gently physic, then astringe the bowels, while the peppermint will stimulate and strengthen the bowels, and at the same time have a cooling tendency, and prevent griping—all of which are very necessary in this complaint. The astringent powder, which contains soda, also helps to counteract canker; it also has a sweating tendency, which helps to turn the fluids out to the skin; while the crane's-bill has an astringent effect, and will also counteract the canker state of the stomach and bowels. And this treatment alone will in nineteen cases out

of twenty perfectly control the disease, in whatever form it may come.

There are various other remedies, some of which control the disease by their astringent effects, and some by their stimulating and healing properties. The following is a very good preparation, which is both astringent, stimulating, and healing. I have used it to great advantage among children, and it is pleasant to take. Steep half an ounce of dry sweet-flag, or one ounce of the green, in a covered dish, and make half a pint of the tea; to this, while hot, add four ounces of loaf sugar, and stir in; when cold add half a pint of good brandy or alcohol, and flavor strong with peppermint essence. Of this you may give all you can and not make them drunk. It should be taken in small quantities and often, according to age, and there is but little danger of giving an over-dose.

FALLING OF THE BOWEL (PROLAPSUS ANI).

In this disease there is a weakness of the lower bowel, or rectum, which protrudes to a greater or less degree at the anus, or orifice of the bowel, either from a mere relaxation of the internal membrane of the bowel or from a real displacement and inversion of its upper portion, which presents itself as an external tumor. The tumor, or bowel, sometimes comes out from half an inch to three inches, looks very red, and often swells so that it is with great difficulty it can be returned. If it is not swelled, you can return it with ease by gently pressing the hand over it while the child has his head down low, and the hips raised as high as possible; but if there are too much swelling and inflammation to succeed with this operation, then wait until you can reduce the inflammation; this may be done by slippery-elm poultices, or a cloth wet in alum-water; this last will not only shrink the tumor, but will toughen it and prevent much pain in the operation. After the tumor has been relaxed in this way, you may apply a little sweet oil or lard, and put the patient in the posture before described, and press the tumor gently

until it is returned to its place; then, to prevent it coming down again, you may inject a little alum-water three times a day, and keep the bowels loose with some kind of physic for some time, but only just enough to keep them soft, to prevent costiveness. If alum is not to be had, you may boil down the inner bark of white oak to a strong tea, or the root of crane's-bill, which will answer the above purpose just as well. An astringent ointment may be made by mixing finely pulverized alum with fresh butter, and applying to the tumor, or injected up the bowel, until it is properly astringed and strengthened.

While the patient is afflicted with this disease he should take such a course as to strengthen the bowels. This can be done by dissolving loaf sugar to as thick a fluid as you can, then mix equal portions of good brandy with it; of this give in proportion to age, or all you can and not cause drunkenness, until the cure is complete. This is a pleasant remedy, especially to some adults, who would be glad of the chance to try and endure such a course of medicine. The pith of mullein stalks is very good to steep and use as an injection to remove the soreness and pain in all affections of the rectum and anus, such as piles, etc.

RICKETS.

This disease is caused by debility, and is common among children. It first shows itself in the glands; the bowels are enlarged, the face swells and becomes altered, the spine is bent in the form of the letter S, the flesh is soft and flabby, the body wastes, the forehead is unusually prominent, and the neck small, the teeth are liable to drop out, the ribs become flattened, the breast-bone rises, joint bones are enlarged, and the bones so weak and soft that they are unable to support the body, stools unnatural, sometimes a deformity of the female pelvis and of other parts follows.

TREATMENT.—A treatment similar to that of scrofula should be used to purify the blood, which acts as an alterative. The parts affected should be bathed with salt and water daily, and

rubbed with the hand, making the heaviest passes downwards over the parts. Give them plenty of gentle exercise in open air. The bowels should be kept regular by laxative medicines; and a sirup made of Solomon seal and comfrey root is useful in this complaint; but as a general rule I depend on a sirup made from the alterative articles found in this book, under the head of Alteratives. Care should be taken to give the patient a vegetable diet, which is easy of digestion; avoid greasy meats, and use the hot or cold bath often.

HARD COLDS.

This is a subject which if carried out into all its ramifications would be exhaustless, for there is scarcely a disease on record which cannot be traced back to a hard cold as its main first cause. This, in reality, is a fact well known by almost every one throughout the country, and yet it is the least noticed by the great mass of mankind, because it is of so common occurrence, and also because the most of them pass off without directly producing (as far as the patient can see) any great pending evil; yet I boldly affirm that more than nine tenths of all diseases originate from a hard cold in the first place.

CAUSES OF HARD COLDS.—Here, again, I meet with an infinite number of causes, but will only mention those the most prominent. The main cause of a hard cold is a want of oil in the skin, to keep it soft and allow the pores to easily open, after they have been more or less suddenly closed by various changes of the atmosphere. When there is a lack of oil in the skin, and the pores close up (as they always do when brought in contact with cold or damp air), they stick together, and do not open again, or only a part of them, hence the waste matter of the system, which should be continually passing off through the pores by insensible perspiration, cannot make its natural escape from the system through these pores which are closed, and is thus to a certain degree retained, and must necessarily lodge internally, upon the stomach,

lungs, liver, and intestines, and in fact, every muscle and gland is more or less filled with a class of matter which does not belong to it, and hence produces irritation, inflammation, general fevers, etc., according to circumstances of the patient, his or her temperament, and surrounding conditions.

Those who like to reason from effect back to cause again, will still ask the causes of a lack of oil in the skin; and here again I answer, They are almost innumerable, as the same cause which will produce a lack of oil in the skin in one temperament will not always produce the same effect in another temperament. Also, their vocations, habits of life, etc., make a great difference. Of two persons of the same temperament in different employments, both being exposed to the same changes of weather, and both using the same diet, one will lack oil in the skin, while the other will not. For instance, one is a farmer, used to all kinds of hard, out-door labor, the other a merchant, or tailor, and confined to a sedentary life, without exercise or general use of his muscular system; let these two be exposed in the same manner, and the merchant or tailor will soon have a dry skin, and be subject to colds; while the skin of the farmer will be soft and oily, and he will avoid taking cold under the same exposure.

But perhaps I may simply say that of all causes, diet is one of the greatest, from the peculiar fashions of cooking our food, and from so much high seasoning being added to it; in fact, three fourths of all our pastry (and perhaps the other fourth too) is anything but a healthy diet. There is so much so-called science in the art of cooking, that actually nine tenths of humanity are being murdered by inches. Anything which is overstimulating or exciting to the system, or hard to digest, causes a want of oil in the skin. Intemperance is the great cause, but not intemperance so much in drinking spirituous liquors as intemperance in cooking and eating; this is the great bane of society. Also intemperance in labor. How many, every day of their lives, overdo and go beyond what their systems can stand. This also disturbs the natural functions of the system, which, like all the rest, causes nature to fail in her supply of oil in the skin. Another cause is irregu-

larity, both in eating, sleeping, and laboring, which also tends greatly to thwart the powers of nature to supply every part with its peculiar demands, and especially the oil in the skin. There are a thousand and one remote causes which might be referred to if space would permit; but enough has been said in this short treatise to give a broad hint to first causes, and I must leave this subject with this injunction: Be temperate in all things, and labor, cook, eat, sleep, and dress in a manner which is the nearest to the laws of nature, that your circumstances will possibly admit of, and my word for it, you will escape many of the ills of life, which otherwise you would fall a victim to.

CROSS-EYES.

This is a difficulty which often afflicts mankind. And it is said that an ounce of prevention is worth a pound of cure. This I believe, and therefore would state that in a majority of cases it is caused in childhood by wearing a hat or cap with a tassel or cord hanging down in front. This inadvertently attracts the sight of its wearer, and before you are aware, the almost constant contracting of one set of muscles of the eye, and the relaxing of the other, has drawn the eye in towards the nose, and cross-eyes are the result. Various other causes exist; some are born so, and others are produced from injury to the parts—all of which may proceed from accidental causes. But the first one named should always be guarded against by parents, and save a great affliction to their offspring. For a cure, I do not propose any particular treatment, although I have known several cases operated upon by a surgeon successfully.

INVOLUNTARY DISCHARGE OF THE URINE, OR WETTING THE BED.

Children are frequently subject to an involuntary discharge of urine while asleep, which is very annoying, both to them and their parents. They are frequently much blamed, and

sometimes severely punished—all to no purpose. I have seen a great number of this class of patients, and in fact had the same misfortune myself while young, and can therefore speak somewhat from experience

CAUSES.—It may always be noticed that those thus afflicted always sleep very sound, and are hard to wake. This may be caused from various circumstances, but generally from a sluggish state of the liver, and general bilious state of the system while they are growing very fast. There is also a weak, relaxed state of the urethra, or passage from the bladder, and a weak state of the lower portion or neck of the bladder. Under these circumstances—of the child being so sound asleep, and a weak state of the neck of the bladder and urethra—the water in its passage does not cause a sufficient excitement to the nerves about the parts to arouse the brain to a state of wakefulness while the water is or is about to be discharged. Sometimes the brain is partially affected in that direction, and the patient dreams of being in some suitable place for such an emission, and thinks he waits upon himself in that direction in a proper manner, and when it is too late, he awakes to find his mistake.

TREATMENT.—In the treatment of this disease it is necessary to make the conditions as favorable as possible. The child should not be allowed to eat apples or drink cider in the evening, or use bread and milk for supper, or anything of a diuretic nature, to produce an extra quantity of urine, in the after part of the day or evening, but should use a diet as much the reverse of that as he can, but might be allowed all of the above articles in the morning or fore part of the day. A portion or two of physic should be given to arouse an action of the liver, and should be followed by the use of the liver sirup in quantities to produce a rather loose state of the bowels, but not so much as to weaken the system, and continue for some weeks after a cure has been effected. At the same time, you should prepare as strong an astringent wash as you can, from alum, crane's-bill root, or inner bark of white oak, boiled down, and a little spirits of some kind, or alcohol, mixed with it, sufficient to make it penetrate easily; then wet a folded

cloth with this wash, and bind on over the neck of the bladder at night on going to bed. This can be secured by a bandage made in the form of the letter T; one part should be pinned around over the top of the hips, while the other part which is attached to the middle, on the back, can be brought forward between the legs and pinned to the other part in front. This will hold a folded cloth to its place, which should be wet with the wash, and applied to the bottom of the belly, or rather under the penis, over the neck of the bladder, so as to contract or shrink it, which will be done in a short time, by the parts absorbing the astringent. The bandage should be made so as to firmly hold it over the place where the water passes out of the bladder, and as it becomes shrunk and tightened, it will cause more feeling or excitement when the urine is about to be voided, and will awake them if their sleep is not very sound. Care should be taken not to shrink it too much, or trouble may be experienced in passing the urine; if this should be the case, you may heat a brick, dip it in hot water, wrap it with a wet cloth, and put to the parts, and let it steam until the suppression has passed off. Or if there should be a suppression from this or any other cause, you will have a powerful remedy by steeping a table-spoonful each of honey bees and currant buds, and let the patient drink of the tea every hour.

The washing and anointing, so much prescribed in this work, would also be very good in this complaint, from the fact that the skin is always dry, and the moisture and fluids which should be thrown off by perspiration are retained in the system, hence the kidneys have to secrete more than they should, which helps to produce the disease. Care should be taken to void the urine just before going to bed, and the patient should be waked up in the night for the same purpose. The tincture of cantharides (Spanish flies) may be given, in doses from ten to twenty drops, according to age, and gradually increased, or until a slight irritation is felt in passing the water, when its use should be stopped; and if too much irritation has been produced, give mucilage of elm, gum arabic, flaxseed, etc., to allay any extra irritation; but

this will not be necessary if proper care and watchfulness are observed while using it.

RULES FOR TEACHING CHILDREN TO TALK.

The mind of a young child is like the camera of the artist, with which he takes likenesses. It reflects the objects placed before it. It is like a sheet of clean paper, and he who writes over it the first time has the advantage of the one who attempts to write over it the second time; or in other words, the first impression is always the best. And it is always a difficult matter to eradicate a wrong impression and cause the right one to take its place. Hence parents should be very careful how they talk before their young children and what examples they set, for their young minds, like the camera, are catching every ray of light with which they come in contact, and they are being daguerreotyped upon their young minds as a starting-point of knowledge, and a nucleus around which they rally, and upon which they build their future conclusions. If a child does not learn to talk easily, it is almost always the fault of the parents, who generally are watching for the first effort in that direction, and when a sound is gabbled forth in almost any kind of style, the parents greedily catch the sound and repeat it over and over again to the child, as if it really meant the thing which it was trying to speak, and thus they go on for months and years, exchanging a kind of gibberish back and forth among themselves to the child, and appear to really like it, because it was their child that first said it. Their over-selfishness and want of wisdom spoil the child, because it is their child. If it had been the child of another, in whom they had no particular interest, they would have corrected his blunders, and required of it good language, and very soon would have had it, for as soon as the child found that his gibberish did not go at par, he would be trying to substitute good language in its place.

I once boarded for fifteen months with a family that had twin girls three and a half years old. They were naturally smart, active children for that age. But the parents appeared

to think that every sound they made, however awkward it might be, was as sweet and perfect as if it had fallen from heaven, and would gabble the same sounds over after them, without ever attempting in all that time to correct their language, or teach them to say their words distinctly and plainly, or to call things by their proper names. Their language was large, and they were ever prattling in their way, to some one of the family of older girls; yet in the whole time I never heard them speak a word that I could understand; but their parents could readily understand what they meant. I saw them often afterwards until they were six years old, and the same state of things still existed. I often labored in vain with the parents to get them to correct their course with the children and to speak good English, and demand the same in return. But it was never done.

And what family is there in which this practice does not exist to a certain extent? You will hear the mother, nurse, and all concerned talking baby-talk to the child. And the little mind is looking and watching for a language with which it can make its thoughts known. As long as the peculiar sounds which it already utters appear to answer the purpose, and satisfy the parents, it will not strive to better it; hence the evil goes on more or less in all families. You should always speak plainly to a child, and use good language, and strive with all your ingenuity to have it do the same, by pronouncing words over and over in its hearing, and by encouraging it to imitate you in ever particular. Then you will have children which you may well be proud of, and which will command the respect and approval of all with whom they come in contact.

GOOD BEHAVIOR OF CHILDREN.

What greater boon can be bestowed upon parents, or what greater blessing can fall upon the whole family, than the good behavior of the children? It brings harmony and happiness to every heart, and sheds a glory all around. When a due reverence is paid by the children to the parents, it inspires

love, both in parent and child, and cements an affection in their hearts which helps to make and build up a heaven on earth, and prepare them all for a heaven above. But how is this to be accomplished? Some parents say they cannot make their children mind, even if they scream at them at the top of their voices. Others say they whip them every day, and still they will not mind. And the consequence is, that discord and confusion reign triumphant, and a young hell is started here upon earth. Now, is this the fault of the child? Certainly not. It is universally the fault of the parents. This I have frequently told them, but they could not see it. Well, what was the matter? I told some of them that it was from lying to them so much. They appeared surprised. Why, said they, we never lied to them in the world. I told them I had heard them tell them no less than ten or fifteen within the past hour, and if they wished, I would remind them every time I heard it for the next hour. Very well, said they, do so. And in spite of all their caution, I could prompt them six or eight times an hour, from the fact that the force of habit was so strong upon them, they would continually be making promises which they never meant to fulfill, in the form of threats, or for the purpose of coaxing, until the children, being so often deceived in all the promises, had lost all confidence in their word, until it would have been better for them if they had not spoken at all.

They would whip them for a certain act, while at another time they would not notice the same act, if done before their faces. In fact, there was no law and order about the head of the family. It is often said that there are more balky drivers than balky horses; this I believe. The drivers or heads of the family lack a fixed purpose; they appear to lack a helm to their ship, and are consequently driven by every storm to dash around among the foaming billows as chance or passion may carry them. But if you want a well-regulated family, and your children under good government, and that they should love and reverence you, then you should commence as soon as the child is born to watch yourself, and not the child. Be careful not to commence any course of treatment that you

are not willing to carry out through life. Never allow the child to be rocked to sleep, and it will sleep just as well without it. Most parents fool themselves by thinking that the young babe will not learn any given habit with a little practice. Nurse it at regular hours, whether it cries or not. Never allow any practice for once, just because the child cries, that you would not be willing to follow out. If the child cries, look well to its situation. It may be too cold or too hot; its clothes wet or too tight; flies may trouble it, a pin may prick it, or if it has been nursed too often, or after the mother has been overheated or worked too hard, it will affect the child; and rest is what it needs most for that. Still, it does not follow that you should dose it with opium, which is labeled Godfrey's cordial, Bateman's drops, or Mrs. Winslow's soothing sirup, for if you once begin with these, you will find it hard to stop; there is no place where you can stop so easily as before you commence.

Always pay reasonable attention to the babe; if it worries, it is because something troubles either its body or mind, and this is the only way it has of calling for help. When they find that you are ever willing to attend to all reasonable demands in this way, they are not apt to make unreasonable ones; if they should, and you are sure of the fact, then after they are three to five months old, shake them in a firm and positive manner, and they will soon learn the firm and decided style you put on, and will yield to it, and believe they must succumb to your will in the matter.

But some mothers would hold up their hands in holy horror to this course, and say, "What! whip a child at three to five months old!" No; this is not whipping: it is exercising a positive will power over the child by way of psychology, with a firm or sudden shake, and a hush, that they will not mistake its meaning; they know more than you think they do, and if you do not trifle with it in this manner they will always come to time in due order, and stop their willful crying and give a few sighs, as if they had learned that they had violated good order and must stop. After they are from one to two years old, they may sometimes become more stubborn in

their course, and take a decided stand that they will not mind. This, understand, will be when they can fully comprehend what you want them to do. Then, if they will not mind by a shake or firm look, and positive but not loud command, take them across your knee and inflict a few spanks, lift them up in a manner that is firm and decided, and command them to obey, and if your tone and manner are right, and you hustle them around in a manner to make them believe that something must be done immediately, they will mind. But never, under any circumstances, show the child that you are in a passion. Let your manner be firm and decided. Handle them rough, quick, and firm, but do not hurt them. It is a sort of scare, or rather positive psychology, and when you become sufficiently positive to make them negative, they will yield. As soon as they yield and obey, then let your voice become mild and pleasant, as if nothing had happened. But as I have before said, never lie to them, or make promises which you do not expect to perform. And if you fail to perform a given promise, go to them and make your excuses, not let it pass as though you cared nothing about it, and my word for it, they will soon believe every word you say, and others cannot make them believe to the contrary. This reminds me of one thing more: never allow friends to come in and tease them, or tell anything but facts. I came near turning my own brother-in-law out of my house at one time for taking that course with my child. I spoke to him several times, but still he continued to make false statements to the child. I then told him that I controlled my own house and children, and that I would allow neither friend nor foe to make false statements or give bad counsel to my children, and if he did not stop it, he must leave my house. He at first thought I was more nice than wise, but soon acknowledged my premises were right, and freely admitted, as he always did in common with every one else, that I had the most orderly family, and one which appeared to love and obey their parents, than any family he ever saw. I told him the sequel was in carrying out my principles to the letter, as I had just demonstrated to him.

I do not believe in holding children under an austere government. There are times when you want them very still and quiet, but when that time has passed, tell them so, and let them work off their wild oats in romp and play. And if you yourself are true to the principles of good government, the children will soon learn. I always do all of my correcting of children before they are two and a half years old; in other words, I do not allow them to get the start of me. At that age they can be reasoned with to see their faults, and the whys and wherefores of the course, and this they should always to know. Never allow yourself to make blind assertions to them which they cannot comprehend, but explain it down to their plane of comprehension, and they are satisfied. Do not make hypocrites of them by allowing them to do or talk certain things when you are alone that you will not allow when you have company, but take an even-handed and reasonable course with them that you would not be ashamed of if company were present.

Be sure to provide play-grounds which are suitable for cold and warm weather, and see that they attend to it at the proper hours. Take an interest in their plays, play with them, or in other words, mingle your soul with theirs and all that interests them; look to their interests and happiness, and see that they are properly cared for and take proper care of themselves; teach them to wait upon themselves as soon as possible, and to wait upon one another; praise them for their manly and lady-like behavior; teach them early how to behave, and how to eat and act at all times and under all circumstances, and the reasons for it; teach them how to be polite, graceful, and easy in their manners; teach them to treat their playmates with due respect, and not to exact of them any more than they themselves would be willing to grant. And as soon as they are old enough, allow them to have parties at your house, and invite in their playmates; do all you can to make it an agreeable and pleasant time; do not fear the expense if you can possibly afford it. They will bring you in a good interest in time. This builds up in children an early manhood and womanhood, and inspires them with con-

fidence while in company, and makes them self-possessed, and soon teaches them to appear like gentlemen and ladies while they are yet young. And while they take their first lessons at your house, under your own eyes, where you can watch their every action, you should, when the company is gone and you are alone with them, point out their faults, if they had any, and explain what is right and proper, and praise their good behavior. In this manner, as they grow older, you will not worry about them while away from home, well knowing they have become a law unto themselves and can be trusted under almost any circumstances, especially the daughters, who so frequently arouse the fears of their mothers while away from their own personal care. You should never blame your children for accidents. This discourages them, and they soon become heedless of their actions. If blame should be attributed to them, let it always be done in a pleasant and reasoning manner, so that they can see it, and it will inspire them to set a double guard over themselves, and to love you for your gentle tone and manner toward their injured feelings.

With this kind of training, they will never have secrets which they wish to keep from you, but on the contrary, will intrust to you that which they would not to any one else, and will come to you for counsel when they get older, on matters about which they would rather no one else should know, well knowing that you always deal wisely with them, and their confidence grows stronger as they grow older.

TRAINING CHILDREN ACCORDING TO THEIR PHRENOLOGICAL DEVELOPMENT.

As I have before explained, in my chapter on generation, I would again assert that children, from their peculiar parentage and surrounding circumstances, have differently organized brains. Some portions are naturally strong and well developed, while others are weak and immature, and remain so in some cases for a long time. I also explained that each

lobe was in reality an individual by itself, and had a separate and distinct portion of the production of the mind to perform; and if the brain was uniform in its development, it would be about as easy to instruct a child on one subject as another; but this not being the case, whatever they learn must be of such a subject-matter as will fit their peculiar organization of brain. They are angular in their development; therefore they can, for the time being, only learn on certain subjects and trains of thought; or in other words, such organs as are suitably developed can receive an education, but those which are not so developed cannot, for they at present have not the power of action to perform their task, in committing to memory, and laying by their peculiar store of knowledge for future use. And it is worse than useless to try very hard to have them do so until time and circumstances give them growth and strength—then it can be done; but before that period you might as well try to force a babe to digest tough beef in its weak stomach, which as yet is only prepared for milk. The effect would be that it would overtax the stomach, and produce not only dyspepsia, but create an eternal hatred of beef ever afterwards. I have seen the same thing done with the mind by cramming and forcing subjects upon it that it was not prepared for, and could not digest or understand; hence a perfect hatred of that subject would ever linger in their minds, while if they had cultivated such organs as were prepared to receive, and left that subject until afterwards, it might then have taken it up and made rapid advancement. But parents not understanding the subject of phrenology appear to think, by their actions, that it is just as easy for their children to learn one subject as another, and hence force it upon them week in and week out, and year in and year out, and sometimes whip and scold because they can not accomplish that which they are not prepared to do, from the fact that that portion of the brain which takes cognizance of that particular subject is yet small and weak, and cannot digest the subject-matter under consideration.

I remember well the efforts of my Christian stepmother, who had more Christian zeal than the philosophy of phrenol-

ogy, who use to force my half-brother to get his lesson in the bible every week, and repeat the same in Sunday-school. He was young, and better prepared for most any other subject than this, as his head was round and not much developed in the spiritual organs; therefore he could not be easily interested in spiritual matters. But the lesson must be learned, even if it was done under the rod. One lesson in particular I well remember was in regard to Jonah and the whale. He was made to read it over and over again, and still he could not repeat it; then she would read, and make him repeat. She scolded, and he cried; and so it went for hours each day, and to save his life he could not repeat the verses; and at the end of the week he could not tell whether the whale swallowed Jonah, or Jonah swallowed the whale; he only knew he had heard something about the matter, and that it was one way or the other, and he could not tell which. One thing is certain, he became very much disgusted with bible matters, and in this life, at least, can never be made much of a bible student on that account.

The same rule will apply in most all families, more or less. Some will make great advancements in one study, while they cannot in another, because the brain is not yet organized and developed sufficiently in that direction to comprehend and treasure up thoughts upon that particular subject, and it is useless to force them in that direction to obtain a premature growth. It is well to try a sufficient length of time, but not to overtax them, as this will do more injury than good. They should never be blamed nor laughed at for not making sufficient progress, but the cause should be explained to them, and they be encouraged in that particular pursuit as much as they can be, and not injure the brain. Parents should always obtain the counsel of several good phrenologists in regard to their children, and what branches of study they are the best prepared for, from time to time. This course will guide the child in his or her proper sphere of action, and make them useful, both to themselves and to all around them.

EFFECTS OF TOO EARLY EDUCATION.

Perhaps what I have already said on the preceding subject is sufficient to give the reader my view of this matter. Still it is a subject of the utmost importance, and one on which a large volume might be written to good advantage. But I must be very brief in this connection, as it does not properly come under the subject which this book is designed to treat, viz., diseases of women and children

I will therefore only say that the pride and ambition of parents seem to find satisfaction in trying to make full-grown men and women of their children while they are yet young and their brain soft and unmaturing. They frequently overact upon them while so young, and bring on a premature growth, which is not healthy, and the consequence is that a reaction must take place, and they signally fail to accomplish that which they so much desired, from the fact of their not understanding the peculiar functions of the brain, and when it is sufficiently developed to receive a healthy growth.

Another great mistake is in not understanding the necessity of keeping them equally balanced, in the great three-fold principles of their natures, viz., physical, mental, and spiritual. If a child is born with a large development of the mental and spiritual, and a small development of the physical, he should not be sent to school to educate the brain at the expense of the physical system, but should practice the gymnasium and various kinds of out-door exercises, which will tend to develop the physical structure, and bring it up in harmony with the two others. How often we see the brightest talent sent into a premature grave by their parents or best friends, through the excessive education of those born with a large development of intellect, while their physical is weak and puny, and the parents send them to school because it seems to them that it is their peculiar sphere of action; and by so doing it calls the blood to the brain, where it is mostly used, and thus robs the physical of its support and strength, and the consequence is, that the child makes rapid progress for a time.

But before he arrives at a sphere of usefulness, he sickens and dies, and is lamented by all who knew him; while if the parents had understood the necessity of an equilibrium in the organization, they would have put him to physical out-door exercise, and used every precaution in regard to his health until he became properly balanced before being sent to school at all.

It is essentially necessary that the physical should be well developed, for the mental and spiritual rest upon the physical, as a mansion does upon its foundation walls. And it is folly to build up a towering building or intellect upon a poor foundation that is liable to crumble at any time, and let the whole structure fall.

Then, again, it is a self-evident fact, known by all, that if a child or grown person with a slender physical development is put into excessive mental exercise, it robs the body of its strengthening nourishment, which is all used up in the brain, and soon tells upon the health of the person, and sooner or later he is prostrated, and sinks to the grave. Great care should be taken of children in this respect, especially while growing fast. If they have a preponderance of intellect over the physical, you should keep it in check, or at any rate, not seek to press on its cultivation; while at the same time you should take every available means to strengthen the physical to an equilibrium with the mental, and then they may safely be educated to almost any extent. But if the physical is strong and powerful, and the intellect is weak and undeveloped, you may with safety exercise the mental powers as much as they can endure and not be disheartened with it; if so, they should be encouraged, according to the development of brain, some through the organ of self-esteem, some through acquisitiveness, and in other ways, as you can best reach and inspire their propelling powers to prosecute their studies. You all have probably heard the story of Daniel Webster, who while young had every advantage that wealth could bestow upon him, and still he was considered a numskull, and was always found at the foot of his class, until at length the time came to receive his diploma. This aroused his self-esteem.

But lo! upon its presentation before a very large audience, the teacher took occasion to tell him of his tardiness, etc., and then presented him with the document. This aroused his combativeness as well as self-esteem. He therefore took the diploma and tore it in pieces before the class and all present, remarking as he did so, "You will hear from me again." Sure enough they did; for he attended the next term of school, and all present acknowledged that they never saw a student make such progress in his studies. He outstripped every scholar in school, and completely distanced them all. This was the starting-point of his greatness. Why? Because his intellect had become ripe for an education, and his propelling powers were aroused to make the necessary impression upon his reflective organs, and with his strong will power they were crowded along to act up to their highest capacity of progress.

ORDER OF DEVELOPMENT.

1. THE PHYSICAL; 2. THE MENTAL; 3. THE SPIRITUAL.

The natural unfolding of the powers of man are upon the above principles. The physical lays the broad platform upon which rests the mental, for its future unfoldment, and upon the mental is built the spiritual. They are all necessary for the support each of the other. The spiritual cannot rest upon or come in contact with the animal, and harmonize with it; neither can the animal harmonize with the spiritual, for they are antagonistic in their natures, and can never blend, except through the medium or mediation of the intellect or mental powers. These mental powers are designed by nature to harmonize and blend with the animal organs, and at the same time they form a superstructure upon which the spiritual can rest with ease and safety, provided they are all naturally and harmoniously arranged according to the first great design of nature. But through the untold number of violations which have been committed in the natural unfolding of these laws of nature in our beings, we are all more or less thrown into

discord and inharmony, and all we have to do to bring ourselves into symmetrical form, according to the design of the first great cause, is to study well the first great design, and then cultivate ourselves accordingly.

We find the world full of discord, from the fact that the people who make up the world are not harmoniously developed. Some work almost entirely upon the animal plane, some upon the intellectual, some again almost entirely upon the spiritual; all looking out upon the world from their own peculiar plane, or standpoint of observation, and cannot or will not look from any other, because they have not the proper development upon the other planes to look from their standpoints of observation, therefore they think the others are all wrong; and each one, more or less zealously, sets about trying to reform the other, and bring the whole world upon their peculiar plane of action. This, of course, is a natural result under such circumstances, but is not in harmony with the first great design in our natures. We should take a broader and more comprehensive and liberal view of the whole field of man. And if we were equally developed upon the three planes of animal, mental, and spiritual, we should behold wisdom and harmony in every one; and would feel like adoring and worshiping the first great cause, for the universal harmony and adaptation, one for the other, all the way up, from the lowest animal plane to the highest spiritual. It would look like the most God-given structure that we should ever be able to comprehend or behold. But as we look upon this great structure from our different planes or standpoints of development, and can only look from one sphere or plane at a time, and not from them all, we naturally see great beauty in the one which is on our particular plane, but can see no beauty in the other two. The second and third individual, being each on a different plane, also look at the same temple, and admire each from his own plane, and come to conclusions directly in contact each with the other. They can see no beauty in other planes than their own, because they cannot understand them.

It is like four mechanics building a temple. Three of them work each upon his separate plan of development, while the

fourth can work upon them all. First, the stone-mason lays the foundation deep and broad, and with a skill peculiar to his calling. He lays every stone to the line, and finishes it up to a dead level on the top; the sides are beautifully joined and cemented, and the work is complete in every part; and he, feeling proud of his job, presents it to the second mechanic, viz., the brick-layer, who, with equal skill in his particular line, is willing to accept the foundation upon which to show the world what he can do. He then with equal precision lays out his work, with a calculation for the convenience of all the rooms, and for a neat and mechanical appearance on the outside; everything is in due proportion, and he goes up with the walls in good order, and finally completes his part of the job, with a self-gratification that all who are good judges cannot help but admire the beauty and harmony of his workmanship. And he thus presents it to the next finest workman, viz., the joiner and painter, who accepts the walls as a good foundation upon which he can commence and show the world what he can do in his peculiar line of workmanship. He then proceeds to put on the roof, and build the steeple, which points up' heavenward, every part of which he performs to the letter; every joint is perfect, his proportions are all symmetrical and complete; and at last he finishes his part also. The stagings are all removed, and the structure stands forth a monument of beauty. And each and all of the four first-named mechanics come to behold the temple.

The mason's eye is first attracted to the walls upon which the whole structure rests, and he loudly boasts of its workmanship. The joiner who finished and painted the steeple condemns the mason and his low, dirty job as worthless and useless, and claims there is no beauty in it; but if you wish to see beauty, look at that steeple. The mason in turn retorts upon the maker of the steeple with equal force, and claims that it is a worthless and useless expenditure, and can be of no use to any one, and it would have been better if it had not been built, and also that it could not stand as it does if it did not have his broad foundation to rest upon. The brick-layer tries to harmonize the two contending parties by

standing between them and giving some credit to each, but at the same time claiming more praise for the brickwork than is claimed by both the others. Thus general jargon and confusion are the result; and finally they agree to leave it to the opinion of the fourth, who is a master builder of the three departments over which they are so hotly contending. He then claims audience from them all, while he goes on to expound the philosophy and harmony of all the parts, and gives each one his due amount of praise, and shows that either one alone would be worthless without the connection of the others; but all, joined together in such beautiful proportions, forms a harmony which makes it extremely useful in all its parts, and cannot but command the respect and admiration of all who behold it for its beauty and usefulness. This explanation, from one who understood all the parts, was so clearly and beautifully explained to each of the combatants that it gave them new light, so they could take a broader view of the various parts of the structure, and behold the philosophy and harmony of the one great end and aim of their conjoined labors. And they shook hands all around in perfect friendship, and felt blessed with the explanation.

Thus it is with the world to-day; people are all looking out upon the world from their different standpoints of observation or in their different stages of development; and each comes to a different conclusion on man, his duties one to another, his usefulness, and of his final destination, and the manner in which he should prepare for it, and also what it really is. Some having a large back brain, and small development in the intellectual and spiritual region, will correspond to the stone-mason, who lays the broad foundation in earth and cannot rise higher, or comprehend anything above their peculiar view of things. Everything sought after, and the end and aim of all their efforts, must point to this life, and their highest aspiration is to produce something to eat, drink, and wear, and lay by a goodly store for the future.

Those who have a preponderance of intellect, with small development of the back brain, and also in the spiritual organs, we will compare with the brick-layer, who, having a

small back brain or propelling organs, does not feel like taking hold of the heavy work of life, to lay its foundations, but will therefore try to build upon what has already been started. He finds the world ignorant and uneducated, and therefore sets himself about to do his share, by writing and publishing books upon every subject, to fit all classes of intellect. He institutes schools and colleges, in which he educates man in all the different branches of science and literature; his whole end and aim in life is to make man intellectual. And beyond this he cannot see or understand, and in fact he has no great desire to try to penetrate; below this intellectual plane he counts all men but brutes until they can be educated and brought up to his high and intellectual plane of thought.

The third man is one who is largely developed in the spiritual region of his brain; his head is thin, narrow, and very high. His reverence and benevolence are the ruling passions of his mind, and he is lifted heavenward, and seeks to commune with God and his holy angels. And the chief end of man from his standpoint is to prepare in this world for a glorious reception in the next. He looks around in this world for sympathy, and those who will join him in his efforts, and among the intellectual he finds a few who will lend a helping hand and join him in his labors. But all those who have a preponderance of back brain, and are animal-minded, he calls devils, who can see no wisdom in his efforts, and therefore oppose him at every step. They are poison to him, and he is poison to them; a hostility is soon raised between them, and the strife waxes hot. They cannot comprehend his teachings, and he cannot comprehend theirs.

And so the warfare has proceeded for the past eighteen hundred years, until within the past fifteen there has arisen, and is now still faster arising, a class of harmonial philosophers, who can clearly comprehend the world from all these various standpoints of observation, and who have all been so hotly contending one with another. They have a full development in all three regions of the brain, and can clearly see upon each and every plane, and behold the whole structure with all its perfections at one view. Hence they are called forward to

judge of the world, and settle all these conflicting interests. They enter into sympathy with them all, and can harmonize all, one with the other, by giving due credit to each one of the various combatants, by showing them that the labor of each is necessary for the good of the whole; that if either were left out, the work would be incomplete; that they are all right, and working for the general good of the whole; that the work of one is just as necessary as that of the other; and that neither would be complete except it has conjoined each with the other, to form one of the most magnificent and harmonious structures that was ever raised upon earth, viz., man, who when properly understood and comprehended, stands upon the earth to form an important link in the chain of the creations of God's vast universe of matter, and with one hand he reaches down and takes hold of the animals of earth, and with the other he reaches up and joins hands with the angels of heaven. And without this, the vast machinery of God's universal creations would be incomplete and imperfect; but with it, there is formed a regular successive order, step by step, one vast chain or ladder of progress, from the lowest strata of earth up through the mineral, vegetable, animal, human, spiritual, terrestrial, and celestial, and so on up to the very throne of Omnipotence—from whom all wisdom flows, down through descending grades of his creations, from plane to plane, or sphere to sphere, to man, who forms, as before said, the proper link in the universe to connect the animal and the angel world. What a glorious thought! and how it should inspire man to investigate and cultivate himself, and bring himself in harmony with all of God's creation around him, that he may be led to see harmony and wisdom in what at first appeared to him to be an inharmonious and sin-stricken world!

MINGLING OF THE SEXES.

A mingling of the sexes satisfies and retards the growth and strength of an over-development of the sexual organ of the brain. To this assertion I shall no doubt meet many opposers;

still my opportunities in life of fifty years' experience convince me of the fact. Whenever boys and girls begin to arrive at the age of puberty, and the organ of amativeness begins to make an impression upon the brain and thoughts, they become very inquisitive on everything bearing upon that subject, and of the opposite sex. They want to know how the opposite sex is formed, and in fact, all about it. And if this knowledge can be obtained in a simple manner, while they are young, and they be allowed to associate freely with the opposite sex at that time while they can do no harm, it appears to satisfy that craving propensity, and they appear to settle down, and become a law unto themselves; but if they are strenuously kept separate, and not allowed to gratify their curiosity in that direction, their minds are not at rest, and they are thinking more or less intensely on those things, which continues to keep up an agitation of the organ of amativeness, and causes it to grow and become still larger and stronger as they ripen in years, until at last they resolve to break through all rules of modesty and self-respect to gratify the propensity on the first opportunity. This, after they have past the age of puberty, makes a bad impression upon their intellectual organs, and to a certain extent brings them under the influence of amativeness, to be the easier controlled on any subsequent occasion.

If children are properly brought up, their parents will take an early occasion to explain to their minds most if not all matters which interest them on that subject. This course alone will in most cases be all that they desire; and if properly instructed in regard to the evil tendencies and consequences of a violation in that direction, they will from that time become a law unto themselves, and would not violate it if they had ever so good an opportunity. But very few parents can be made to believe this. They act as though they thought the only way to make their children virtuous was to fence them apart by the strongest circumstances which they could possibly throw around them. This, as I said before, just creates a desire in them to come together; while in all cases, and under almost any circumstance, where they have

been brought up together until they were ten or twelve years old, there has scarcely, if ever, been any known violation of modesty. Nineteen parents out of twenty are wonderfully deceived, or rather deceive themselves, on this subject. They have improved every possible opportunity to keep their children in ignorance on sexual matters, and comfort themselves with the idea that their children are perfectly ignorant of all such things, and never had a thought on that subject; while at the same time, in hundreds of cases, to my certain knowledge, they were practicing masturbation or self-pollution almost every day of their lives. This practice is carried on to an alarming extent in every class of society; and I must say, from my own opportunities of ascertaining facts in these matters, that it is much worse in the higher classes of society than in the lower, and especially in boarding-schools. There are various reasons for this, and prominent among the number is, that most of the scholars are from the higher rank of society, who from their infancy have been kept apart, each from the opposite sex, and have not as freely mingled as those do in the lower walks of life.

I have had hundreds of parents bring in their sons and daughters for me to examine, and if possible tell their complaint, saying they had entirely lost their health, and been doctored by several physicians, none of whom could give any satisfactory reasons for such ill health; while I could see at the first glance that self-pollution was plainly written on every feature. I would generally go through with a formal examination in presence of the parents, and then request the patients to go with me into my private counsel-room. I would then tell them I well knew what was the matter, but would not for the world let the parents mistrust a word; then in a confidential and winning manner tell them to explain all freely to me, which should go no further. And the most I wanted to know was how many times a day they were in the habit of doing this thing. Will it average two or three? This I would do to call them out to the full facts; and in almost every case I would get them in ten minutes to own up the whole facts freely. And wonderful as it may seem, some

would acknowledge the committing of the act twice a day, on an average; others would average once a day; and others, again, from two to three times a week. But they would not for the world have their parents know it. Of course I would pledge secrecy, but would then go on to tell them of its effects, and show them that they were on the very brink of ruin, and must from that moment stop the practice forever, for they were on the verge of becoming insane, or having fits, or becoming imbecile, with loss of memory and of power to set themselves at work or study, and a thousand and one other maladies—all of which they could only escape by stopping the practice, and taking my medicine faithfully, and then they would soon be healed from that wretched and bashful state, to feel and act like a man or woman, with self-esteem enough to go through the world with their heads up, in place of cowering to every fool they met, and supposing that everybody was either better or smarter than they were. With this encouragement, on their pledge of reform, we would return to the office to their parents, whom I would look at and weigh them up in my mind, to see if it would do to ever give them a hint of the facts in the case. And from sad experience, I find that but very few are prepared to do justice in the matter. Most of them will not believe the doctor's story possible, or will talk in an angry manner to the child and expose the doctor, whom they had just promised to protect in the secret, until I have almost come to the conclusion never to tell a parent anything of the kind again, for they make such an unwise use of the knowledge. Scolding and fretting will never strengthen their child's love of justice to themselves, nor convince their reason, and give them strength to overcome the practice through which they have become such a slave to their animal propensities. But they should be reached through their affectional natures, with soft and sorrowful language, told that it was the result of an unevenly organized brain, for which neither parent nor child was to blame, but a malady which could soon be overcome by a new course of practice and habits. And they should be encouraged that they can do this, and save the impending ruin,

which, through their ignorance, is about to fall upon them; and in a patient, pleasant, and affectionate manner apply themselves to the child, to help strengthen him, and show him what such a course is leading him to, and by a reform what he can aspire to and obtain; and that they will do all in their power to help him to overcome a practice into which in his ignorance he has glided, and one from which now, with his present knowledge, he can escape, with all its impending evils. This will strengthen the self-respect of the child, and assist him to set a strong guard over himself, and resolve never, under any circumstances, to yield to the tempter again.

Another reason why those who have a large development of amativeness should freely mix with the opposite sex, by being thrown into their company as much as possible by day and night—and if they could be made to sleep near each other all the better—is, that from each organ goes off a magnetism which seeks its kindred organ in the opposite sex; and while this organ is more or less excited, if those of the opposite sex are near it appears to gratify and satisfy this organ through the magnetism which it attracts to itself. This I am positive of from a variety of circumstances. One prominent effect which is often produced upon young females who have this organ large, and will not gratify it in any unlawful manner, is a disease known as hysterics, which is caused more or less by the excitement of this organ, which is being strongly held by other organs of the brain, until inflammation of the nerves leading from that organ to the womb takes place to such a degree that upon any sudden excitement they swoon, and cannot for their lives control themselves, until their back brain can gain sufficient strength to arouse them out of the swoon. This is a disease which has almost always been misunderstood by physicians, and the real facts not comprehended; hence the old-school doctors never pretend to cure it, and will only give bread pills and laugh with their friends about it, until it has become a very unpopular disease; and now, if we frankly tell a lady patient that she has hysterics, she will be offended, supposing from what she has heard that such

a disease was peculiar only to simpletons, while in fact the doctors have been the simpletons, and she is a lady of too much virtue to gratify the organ, as various others do who escape this malady. I have had a large practice with this disease, and never have failed to make a permanent cure. I have frequently been called when they lay in the swoon, and despaired of by their friends, and in a short time brought them out, to a full control of all their faculties. This I have generally done on the sly, under pretense of giving some particular remedy, from the fact that I could not be understood nor explain myself properly to her friends if I should try. But I have always taken some course to excite some of the organs of the back brain, generally amativeness, or combativeness, according to circumstances; one thing being always certain, that although they could not speak, they always know what is going on, and can hear. If I could have my own choice, I should be very affectionate to them, and make passes with my hand over their head and down to the organ of amativeness, and talk to them as lovingly as I could; and if we were alone, kiss them, as though I was their best and only friend. And in five or ten minutes, when conditions are all right, I charge the organ of amativeness with a magnetism which forms an equilibrium throughout the brain, and they come to a full possession of all their faculties in a very few minutes; and then by giving a course of nervines and tonics, they soon enjoy good health in a short time. But when ignorant friends are present, who would make a bad use of this treatment, I sometimes do something to cause the displeasure of the patient, by exciting combativeness. This also stimulates the back brain, and will arouse them; but after being sufficiently aroused, I gain their confidence again before I leave them.

But I have always found that by magnetizing the back brain, or more especially the organ of amativeness, it would cool down the inflammation of the nerves, and quiet the disease at once. This, with much experience which I might mention, satisfied me that the above assertion in regard to the cause of this disease is true, and that in all cases where they

have had company of the opposite sex with whom they could harmonize, and their company through the day and evening, they have never had this disease; and you will also observe that the happiest marriages have always been the result of a free and full acquaintance with a large number of the opposite sex. And nineteen times out of twenty, those who move about in company but little are apt to be the least virtuous, from the fact that they have never cultivated their brains to resist the temptation, until the organ of amativeness has become too strong to be overcome or resisted, and hence they fall victims at almost the first opportunity. Then if you want your children to grow up virtuous, let them from their early youth associate freely with the opposite sex, and with proper directions they will early cultivate a power to see and resist evil, before it is too late.



CHAPTER VIII.

FEMALE DISEASES.

INTRODUCTION.

In addition to the diseases common to both sexes, women are subject to a class of distressing complaints peculiar to themselves, and denominated, in general terms, female diseases, and involving considerations of a delicate nature. These complaints have generally, and too long, been shut out from works intended for distribution among females, causing an ignorance among them of a class of diseases which are fast unfitting woman for the high and noble duty of continuing the race; and the true subjects of these maladies are generally themselves so uniformly ignorant of the true nature of their sufferings, that they are neither prepared to seek relief in the proper direction nor submit to a remedy if a change is proposed.

It is here intended to speak of these disorders, as I have done of all others, in a plain and simple manner, avoiding as much as possible all terms peculiar to the profession and generally understood by them only, and describe them and their treatment as plainly and as fully as my understanding of a plain, simple botanic treatment will permit; and to make known the only mode of a sure and safe cure which has been found available in my hands. It is a treatment which will be found perfectly safe in their hands, as these medicines, given in their gross preparations, will never do harm if they do no good.

Physicians are, in my opinion, chargeable with a great wrong in concealing in their own breasts information upon what are called delicate subjects. It is an information which the good of the world requires should be divulged, and one which they ought to pour into the public mind, and make common, and which they would thus popularize were it not for their stiff pride and conservatism, fearing at the same time that the purse of every patient will not be at their command. The idea that our knowledge on female diseases cannot be imparted to the world without injuring the public morals is simply absurd. It is because we are more afraid of bringing the common people too near to us, of letting down our dignity, and of opening our profound secrets to popular eyes. The result is, as it should be, that the unsophisticated people are apt to give physicians a wide berth, and to have nothing to do with them unless necessity compels. Let doctors strip off their reserve, and while they remain gentlemen, become likewise companions, imparting their knowledge freely and familiarly to all, and the public confidence, now considerably shaken, will soon be frankly restored to the profession. It should be the object of a good physician to know all he can, and to freely impart his knowledge to as many as possible, as knowledge is not merely power: it is happiness; it is wisdom; it is health; it is virtue—yes, it is always virtue, except in some rare instances when the worst of our animal natures prevent it. No physicians are so much loved and respected as those who are frank, and have no concealment of their wisdom. The day for mysterious nods of the head, rolling of the eyes, shrugs of the shoulders, and snuffing from the heads of their canes has gone by. Men and women (or those who are wise) wish to know distinctly what their diseases are, and what is necessary, not to palliate and prolong for a large bill, but to cure them. And if a doctor cannot or will not in a reasonable time tell them clearly to their understanding what the disease is, he should be discharged at once.

It has always been my course at the outset to clearly tell and describe the disease, and if perchance I did not know, I would tell them so, and they always have liked me the better

for it, and had more confidence in me for my frankness. When this course is pursued by the profession, and the common people obtain more light on these subjects, mortality will decrease, from the fact that an ounce of prevention is worth a pound of cure. When the common people understand more of the nature and cause of disease, they will take more heed to their prevention; and when an attack is made, they will use some simple and common remedy, which is always near at hand, and throw it off, and the doctor will not have to be sent for. Neither will the patient have to suffer the usual course of torture under pretense of scientific cure.

FALSE DELICACY.

I have already spoken very plainly upon this subject in another part of this work, and might, therefore, with propriety be excused from saying more in this connection before I commence to describe the various diseases peculiar to females. Still, it may be well for me here to remark that the refined delicacy which withdraws these subjects from the public gaze is commendable, for it casts a beautiful charm over society; but when carried so far as to spread a veil over the eyes of mothers, it is quite unnatural, and leads to the worst of results; for in the bad management of girls at their critical period, is laid the foundation of many of the diseases which shatter the constitution of so many women. For this bad management, it is not mothers alone who are to be blamed; the neglect of the medical profession to furnish the necessary information should come in for its full share of reproach.

Serious obstacles have always stood in the way of studying diseases peculiar to females. The social relation of the sexes, and the great delicacy of the matters to be investigated, were long the cause of inquiries and examinations so indirect that little knowledge was gained, and as little benefit conferred. Woman, who was always distinguished for her modesty, could not be expected to invite investigations which were not proffered, whatever the extremity of her sufferings; and man,

scrupulously sensitive lest he should make himself an intruder, by stepping within delicate inclosures, has also, in times past, mistaken his duty by misinterpreting the demands of the highest delicacy.

NEEDFUL EXAMINATIONS NOT INDELICATE.

Rightly viewed, no inquiries or examinations are indelicate which are necessary to a full understanding of the nature of the disease, and which are made with the sole purpose of rendering its cure possible. The delicacy, or indelicacy, of examining females for the purpose of exploring disease depends on the motive with which it is done. To pure-minded persons all things are pure, and it is never, I think, a source of impurity; on the contrary, the self-restraint, the honorable feelings, and the nice sense of delicacy which it calls into exercise often heighten the tone of a man's virtue, and certainly increase a true woman's respect for it. Having made the diseases of women one of the main features of my practice, and from my success with them, I have attracted a very large number of that class of patients, and have probably made from twelve hundred to fifteen hundred examinations; and to this day, I must say that I scarcely ever had one decline an examination when it was proffered. And I must further acknowledge, that I have learned more from these examinations, and the true mode of their treatment, than I could ever have gathered from the books, which have always given so feeble a treatment of them. And I can further state, that the most dignified and cultivated always make the least objection. Unfortunately, there is now and then a gross-minded man in the profession who in his investigations will violate the most sacred of all trusts committed to his hands; but such monsters, few in number, soon find their level in society, and are shunned as the most vile of the race.

METHODS OF INVESTIGATING FEMALE
DISEASES.

The symptoms of these complaints will be spoken of in the proper place, as the several diseases come under a brief review. I merely wish to allude to the methods which I practice in physical explorations, which modern practice has called to my aid.

THE TOUCH.—This method consists of examining with the hand externally, while the female stands upon her feet, if she is able to do so, both over the bowels and internally with the index finger, through the vagina, or passage from the external genital organs to the neck of the womb. In this manner it is very easy to locate disease definitely, and to distinguish one disease from another in the same locality, which very often requires an entirely different course of treatment, one from the other. By this process the practitioner is enabled to judge clearly and definitely; and as there are very many diseases located upon the womb and surrounding parts, in their various stages of progress, all of which require more or less different treatment, it becomes the duty of the physician to fully explore the parts with the finger, which will communicate to his sense of touch whether it be a case of *prolapsus uteri*, or falling of the womb; or inflammation of the body or neck of that organ; or of enlargement or hardening of the neck; or ulceration of the neck; and if so, in what stage or degree of the complaint; or if the uterus be impregnated; also the diseases of the bladder, and of the urethra, or passage from the bladder to the external part, which is often enlarged, swollen, and sometimes obstructed with a stricture, which is a local swelling on that canal, sometimes entirely stopping the flow of urine; besides the various other diseases about the catamenial organs and the ovaries—all of which, to do justice to the patient, requires an examination in this manner, which does not expose the parts to view, and is as modest a form as can be under the circumstances of the case. But sometimes with the finger you will discover by the sense

of the touch certain indications which require further and more minute examination before you can safely proceed and do justice to the patient in the treatment of her disease. Then you should have her lie upon a bed or couch, and make use of the speculum. This is an instrument varied in size and form; some are whole, like a tube of glass, silvered over on the outside, then covered with black Japan; others are made of silver; some have several folds, and are so constructed that after they have been inserted they can be opened and spread apart. By the use of these instruments the neck of the womb and the vagina can be as clearly seen and inspected as the back of the hand. Thus the eye, as well as the finger, is made to assist in demonstrating the true condition of the parts. The finger informs us whether there is any deviation from nature in bulk, firmness, tenderness, smoothness, or sensibility of the parts; while the sight through the speculum affords absolute certainty as to whether the parts are suffering from inflammation, ulceration, abrasion, or eruption, and the kind or quality of the discharge. Then the physician can proceed with certainty in regard to the real disease, which is much better than guess-work, both for the patient and the reputation of the physician.

These examinations are always to be strictly confidential, and only known to the physician and patient; and no physician of character will ever think of hinting them to his best friends; for it is nobody's business but those above named, and if others come in possession of these things, it always works an evil among the gross-minded.

CAUSES OF VARIOUS DISEASES.

When we take into consideration the causes of the various diseases of woman, it carries our minds into a thousand ramifications in different directions and radiations. But in this connection, we will only give a few of those which stand out in bold relief before the mind's eye, which, like the rivers that fill the ocean, are all made up from smaller streams and

rivulets. One great cause is by taking cold, which always settles upon the weaker parts. And if these parts have not been weakened by any undue action, they are not apt to fall a victim to the effects of a cold. But this is not always the case. Excessive venery, either in single or married life, does more to weaken the sexual organs than any other one cause. Of this I have always been satisfied; and it is not ten days since I was called to visit a delicate female who was suffering from inflammation of the womb, who in private council with me, acknowledged that she had only been married four years; that her husband was a gross and sensuous man; and that she had three living children, besides having procured several abortions; and worse than all, that she had never passed one night in all that time without gratifying the sensual propensities of that brutal husband. O, my God! Could it be possible? Yet when I saw him I could not doubt her statements. I would further state that I have heard hundreds of females make similar statements in regard to the brutish course pursued by their husbands, against their own natural desires. Because this is sanctioned by wedlock, it is not sanctioned by the laws of God, and those which govern our health and morals.

Another great cause is foolish exposures at or soon after the period of menstruation, by attending church and other gatherings, and wearing long dresses, which get wet by dragging in the water or snow, then sitting in a cold room, or in warm weather by sitting in a crowded house poorly ventilated, and inhaling the poisoned atmosphere which their systems in that weakened state cannot resist; also the peculiar fashions of dress, and the change from the one worn at home and those worn while at church, balls, theaters, lectures, etc. Females are all more or less slaves to fashion; their shoes are often changed on those occasions from heavy and warm ones to those which are light and cold and easily wet through.

Another great cause of female diseases is a want of cleanliness of the vagina. In all cases after menstruation has ceased women should use a female syringe with a little castile soap-suds or sal-soda water to cleanse the parts thoroughly; also after intercourse with their husbands. This keeps the parts

clean and healthy, and prevents leucorrhœa, or whites, and a thousand and one other diseases which follow, after the parts become filthy, weakened, or diseased by this neglect.

Another great cause is a want of open air and exercise. Most ladies who reside in towns or large cities are robbed of this God-given luxury. They curtain their windows, fearing the light will spoil their carpets, and close every avenue for fresh air; then sit there in all their supposed grandeur to receive company, and inhale an almost putrid atmosphere, filled with the damps of the room—all of which makes them white and delicate, and in reality does more to fit them for a coffin than for company. This I call foolishness, and worse than foolishness, when any female violates the known law of her physical system for the sake of catering to fashion, or what "they," the tyrant of fashion, may say or think if they do not appear on any given occasion, or should wear this or that dress. As you value your life, do not follow these whimsical notions, but use your own God-given judgment over your person and dress, at all times and under all circumstances, let the world say what it may. Others can never bear your sufferings for a violated law of your being; and if you violate a law, the penalty is as sure to follow as night the day, and you, and your offspring, to the third and fourth generations, must frequently suffer the penalty of these violations; in reality, the effects will never cease to all eternity, for by these violations you are cut short of much happiness and experience in this world, which retards your preparation for the next.

Another cause of disease may be laid to your diet, which by various pretended scientific inventions is carried to so great an excess, that it proves an injury rather than a blessing.

A plain, coarse, simple diet is always the most healthy. There are various authors who are starting a reform in this direction, to whom I should refer you. They can give you much more information on this subject than space will permit me to do.

DESCRIPTION OF THE SEXUAL ORGANS.

Before describing the peculiar diseases to which the female generative organs are liable, it will be proper to give the reader a brief description of the chief of these organs.

THE WOMB.—In its healthy natural state, the womb is about two and a half inches long, and one and a half broad ; in shape it somewhat resembles a bell pear, with the small end or neck downwards, weighing generally about one ounce and a half. It is lined with a mere rudimentary mucous membrane.

THE NECK OF THE WOMB.—The neck of the womb has a cavity distinct from that of the body of the organ, and is lined with a mucous membrane, well supplied with follicles, or glands.

THE FALLOPIAN TUBES open one from each side of the upper or larger end of the womb, and extend outward, and connect with the ovaries below.

THE OVARIES are a muscular tube lying on each side of the womb, and connected both to the womb and the Fallopian tubes, and are about one inch in diameter, and flattened, filled with small eggs, or ova, somewhat like those found in a hen, only they are very small, being when fully developed about the size of a large mustard-seed, containing a yelk similar to an egg, when they are viewed under the microscope. In these is contained the germ of the human being, as found in the female, and no doubt composed of living animalcula, which in case of conception represent each lobe of the brain of the mother. These ovaries are subject to various diseases, like inflammation, dropsy, etc., as will be seen in the treatment under those heads. These eggs pass from the ovaries through the Fallopian tubes, down into the womb, and are there suspended by an umbilical; they generally come down during the four days of menstruation. And if impregnated within the first three days after menstruation, a light-complexion child is a sure result; if later in the month, a dark-complexion child. This egg, or ovum, is not apt to

get impregnated after fourteen days, but this result is possible at all times, even to the day of the next menstruation.

FIRST SYMPTOMS OF MENSTRUATION.

Female complaints begin to make their appearance at a period of life called puberty—the time when the girl passes from childhood to womanhood. This is the period when menstruation is established, which consists of a discharge from the genital organs, composed of blood and mucus, and which occurs, when regular, every four weeks. Up to this period the organs of reproduction have remained dormant. By the intervention of this function, the young female becomes a new being. The heart unfolds itself to new emotions, the mind assumes a solidity before unknown, and even the body acquires beauty, from a sudden rotundity of form. This is the period when the great question of health is very apt to be settled once for all, and for life. It is much more important than is generally considered by mothers. The girl who is well trained at this time generally has a foundation laid for health and character, which is worth more to her than riches. At no time does the mother need so much wisdom and knowledge as now; to establish the health and develop the affections of the daughter at this critical period is a sacred trust which she can intrust to no other being; nor can she meet her responsibilities at this time unless better informed than most mothers are. The general ignorance in regard to this maternal duty is deplorable.

THE AGE WHEN MENSTRUATION COMMENCES.

Menstruation divides the life of the female into three periods. The first is that of infancy and youth, and exists in most cases from birth to the fourteenth or fifteenth year. The second comprises the most important period of her life—that in which she is capable of becoming a mother. This usually ceases about the fortieth or forty-fifth year. This

period is commonly called the change of life. The third is the remaining portion of her life. But occasional instances occur in which the menses make their appearance at twelve or thirteen years, or even ten years of age, and its appearance is in some cases delayed until the seventeenth and even twentieth year.

I was once called to examine one of the smallest ladies in America, Miss Jenny Stone. She was nearly eighteen years old, her weight was thirty-two pounds, her height was twenty-three inches. She has not grown in size since she was four years old. Her head is beautifully developed, her chest and limbs help to form a beautiful and symmetrical harmony throughout. Her breasts are proportionally developed, although she has not yet become a woman. She probably will before long, as for some months past she has had regular bleeding at the nose, and various other symptoms of approaching menstruation. She is truly one of nature's wonders.

The celebrated Dr. Miegs, of Philadelphia, has given a table of his own, in his translation of Columbat, upon the authority of Dr. Lee of London, and others, in which the time of menstruation is noted in one thousand seven hundred and eighty-one women of England and France. As this coincides with my own observations, and as the French and English women are of similar temperaments, and live within the latitude of our own country, I quote it as the best authority on this subject. In one thousand seven hundred and eighty-one women, menstruation occurred at :

11 years in	110	16 years in	284
12 " "	144	17 " "
13 " "	356	18 " "	144
14 " "	366	19 " "	72
15 " "	20 " "	40

But some rare and extraordinary cases have been witnessed of discharges much resembling menstruation occurring in extreme infancy. I had one such case myself, in which the child was but eight years old. Still there is no propriety in con-

sidering such discharges as identical with proper menstruation. They depend upon ordinary congestion of the blood-vessels of the uterus, in the same manner and from similar causes that may produce congestion of the lungs, and consequent bloody expectoration in infants and adults. I have frequently heard of these cases, and occasionally had it in my power to relieve the anxiety of mothers on this subject. This discharge is usually consequent on exposure to cold and wet, and disappears with suitable treatment and diet.

The early or late appearance of the menses may depend upon the climate, the constitution, the delicacy or hardness of living, temperament and habits, and the class of society into which young ladies are thrown.

In Greece and other hot countries girls begin to menstruate at eight, nine, and ten years of age. But advancing to the northern climates, there is a gradual protraction of the time, until we come to Lapland, where women do not menstruate until they become at mature age, and then only in small quantities and at long intervals, and sometimes only in summer. But if they do not menstruate according to the genius of the country, it is said they suffer equal inconvenience with those in warmer climates, where the quantity discharged is much greater and the periods shorter.

SYMPTOMS OF MENSTRUATION.

A variety of symptoms proceed and foretell the menstruation. Headache, dizziness, sluggishness of thought, and disposition to sleep, pain in the back and lower limbs, a fullness under the eyes, a throbbing pain and sense of fullness in the head, irregular pains in the side, stomach, and bowels, paroxysms of difficult breathing, and hysteria, are common; and the patient sometimes complains of intolerance of light and sound, fatigue on the least exercise, palpitation of the heart, acidities in the stomach and bowels, costiveness, an unnatural appetite for chalk, lime, slate-stone, and other absorbents, together with many dyspeptic symptoms. As it advances in

its progress, the face becomes pale, and afterwards assumes a yellowish hue, even verging upon green, hence has been called green sickness; the lips lose their rosy color, and the eyes are encircled with a livid areola; the whole body has an unhealthy appearance, with every indication of a want of power and energy in the constitution; the feet are affected with swelling, the breath is much hurried by any great exertion of the body; the pulse is quick but small; and the person is liable to a cough and many nervous symptoms; sometimes a great quantity of pale urine is discharged in the morning, and not unfrequently hectic fever attends. In cases of a more chronic character, there is a continual though variable state of sallowness, yellowness, darkness, or a wan and sickly paleness of complexion, or a dark ring surrounding the eyes, and extending perhaps a little towards the temples and cheeks. Still it is not every girl that has all these symptoms; they all appear, however, in different stages of the complaint, and with different persons and temperaments, under different circumstances, where the appearance of the menses are more or less protracted or retained.

On the treatment of this form of mis-menstruation, I would here say that it is very important that you should have recourse to whatever means will tend to promote the general health, and the circulation of blood to the uterine system in particular.

And first of all in importance is active exercise in the open air, when the strength of the patient will admit of it, and frequent passive exercises, especially directed to the pelvic viscera, or lower part of the bowels, when the patient is too feeble for active exercise. The following exercises and amusements will be found of much service to bring about a good circulation of blood to these parts, and overcome a retention of the menses: walking, dancing, jumping rope, horseback-riding, etc., are among the best of active exercises; and where the patient is not able to perform these, she will find that carriage-riding, rubbing and kneading the abdominal muscles, are examples of appropriate passive exercises. Many kinds of exercise, especially such as energize the respiratory functions, as swing-

ing the dumb-bells, pulling the rope, etc., are very serviceable. All active exercises should be commenced very moderately, and increase in severity as the strength improves, always taking care to avoid any considerable disturbance of the circulation, or of great fatigue.

AMOUNT OF MENSTRUATION.

With regard to the amount of menstruation discharged at each menstrual period, I will only say here that it is impossible to form an accurate estimate. From three to five or six ounces to eight or ten ounces will doubtless compass the truth in the far greater proportion of females who do not require medical treatment for excess or diminution of their periods. (See Difficult and Excessive Menstruation, on another page.)

- It will, however, save much anxiety in many to know that there cannot possibly be assigned any specific amount for each monthly period, because that must depend entirely upon natural causes, for the same reason that the period is sometimes established, even in those who are perfectly healthy, much earlier or later than in others equally so, and it is often greater or less in amount. I have met with several with whom it is the constant habit to experience the return only four to six times a year; and yet the individual thus affected enjoyed very good health. There is no doubt, however, that all these functions differ as do all others—such as the required amount of sleep, food, clothing, etc. What is demanded by nature is that the woman shall menstruate according to the requirements of her own peculiar system, and at regular intervals.

ESTABLISHMENT OF THE MENSES.

Nature always comes slowly and by degrees to the inauguration or establishment of any of her great functions. It is so in regard to menstruation, or as it is variously called, "the

menses," "the courses," "the monthlies," "the change," "the flowers," "nature," "the periods," "the turns," "the customs"—all meaning the menstrual period, and the time for it to come. For some time before the flow begins there are certain symptoms or premonitions which to the eye of the physician plainly foretell the impending change. To the mother, these signs would be equally intelligible were she as well informed as she should be. It is plainly her duty to be intelligent enough in these signs to assist nature in the establishment of this important function. But how often, either from ignorance or false ideas of delicacy, does she fail to interfere, and thus allow her daughter to be taken by surprise, and perhaps frightened, and thrown into convulsions, as, at this particular time the nerves are weaker and more excitable than at any other.

From inquiries made of about one thousand women, a distinguished English physician found that about one quarter were unprepared for the appearance of the menses. Some of the girls were frightened, and went into hysteric fits; others thought they were wounded, and washed with cold water; the flow was stopped in several cases, and in some never restored; while the health in all in whom it was interrupted was seriously impaired. Here were two hundred and fifty sufferers, whose lives were imperiled through the ignorance or false delicacy of their mothers, who in their younger days probably believed, in common with many others, that it was none of their business to know themselves, and to understand the laws peculiar to their own systems, even if they had had the best chance in the world; and I am sorry to say there are too many such now, who are themselves ignorant, hence have no ability or desire to enlighten their daughters in this respect, which it is their bounden duty to do, before the time approaches.

EARLY MENSTRUATION NOT DESIRABLE.

It is a law, both in animal and vegetable life, that the later the period at which maturity is reached the greater the solidity of the body, and the longer its life. Girls who menstruate

early do so because the body is ripened earlier, by climate, or luxury, or education, and early mingling in social society, or by the nervous system unduly developed by excitement; while those who come later into womanhood have firmer constitutions, enjoy better health, and live longer. Those mothers, therefore, commit great errors who are anxious, and administer "forcing medicines," because their daughters do not menstruate at fourteen and fifteen. If girls are suffering from no special ill health, no anxiety need be felt, if the "custom of women" does not come to them till the age of eighteen, or even twenty. It shows that the constitution has not in it the seeds of early dissolution, and that it is fortifying itself against future disease. Girls who come thus tardily to maturity are much more regular in after life. They bear children with fewer accidents; and are afflicted much less with female diseases. The duty of mothers is plain: when nature makes an effort to produce a menstruation, and is unable to accomplish it, they should assist the powers of nature to accomplish this desirable object at such times, and at no others, if the health is not impaired on that account. But if the health is impaired, then every reasonable and natural means should be used to assist the powers of nature to bring a good and forcible circulation of the blood to those parts, and also to remove any and all inflammation which may exist about the catamenial vessels or womb. A treatment for this will be found under the head of Retention or Suppressed Menstruation.

HEALTHY EXERCISES FOR DEVELOPING THE FUNCTIONS OF MENSTRUATION.

As I have before said, open air and exercise are essential for the health and development of these organs, and their regular and natural discharge. I have already named various exercises which will tend greatly to strengthen and develop the system in that direction, and it is the duty of mothers to see that it is put in practice in all cases of weakness and debility of their daughters, who do not appear to have the powers

of nature well developed; always taking care to commence lightly and increase gradually as their strength and powers of body increase. Mirth and glee are always healthy. A hearty laugh is more conducive to health than all the long faces that can be put on. Cheerful emotions are peculiarly serviceable in imparting a healthy circulation to the blood, and all childish games should be freely permitted at some time through the day or evening. In short, home must be made a place of happiness to all its occupants, and if parents provide such places and amusements as are necessary for their children, they will not seek them abroad, where they are not as safe as when under the eye of the mother.



CHAPTER IX.

PHARMACY AND DISPENSARY.

In this chapter I propose to give the recipes of some of my most valuable compounds of botanic medicine, for many of which I have been offered from ten to one hundred dollars by my patients who have used them, and by others.

Pharmacy may be defined as that branch of medical science which teaches the art of preparing and combining remedies for the treatment of diseases. It is the object and province of the *materia medica* to provide or furnish articles or ingredients for the prevention and cure of diseases, and to treat of their properties and virtues; but it is the province of pharmacy to show how these articles are prepared and compounded for administration. It is the design of therapeutics to show the effects on the human body, and their application for the cure of diseases. All should be deeply impressed with this maxim in medicine, that the virtue of medicine depends upon the skill of its administration, and that the best and most salutary medicine, if injudiciously used, may prove injurious. I have taken great care in the following preparations to combine them in such a manner as to make their use free from danger under almost any circumstances; hence they will be comparatively safe in the hands of those quite inexperienced in regard to the skill of their administration.

TABLE OF DOSES.

As a general rule, the following table of doses will be sufficient, but must always be left to the judgment of the prescriber, who alone can judge of the constitution and state of the case: A person from fourteen to twenty years of age may take two thirds of a dose intended for an adult; from nine to fourteen years, one half a dose; from six to nine years, one third of a dose; from four to six years, one fourth of a dose; from two to four years, one sixth of a dose; from one to two years, one tenth of a dose; below one year, one twelfth of a dose or less. A woman should take a little less than a man, and those with nervous temperaments less than those with lymphatic temperaments.

APOTHECARIES' WEIGHT.

A pound (lb) contains twelve ounces; an ounce (℥) eight drams; a dram (ʒ) three scruples; a scruple (ʒ) twenty grains (gr.)

MEASURE OF LIQUIDS.

A pint contains sixteen ounces; an ounce eight drams; a tablespoonful is about half an ounce; a teaspoonful is one fourth of a tablespoonful; sixty drops make one teaspoonful.

Some substances are given in their natural state, others previously undergo various preparations. Every article used in medicine should be gathered in the right season of the year, and as free as possible from impurities and foreign substances.

CLASSIFICATION OF ARTICLES.

The various articles composing the *materia medica* may be classed or divided as follows:

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| 1. Medical plants. | 6. Medical barks. |
| 2. Medical roots. | 7. Medical gums. |
| 3. Medical flowers. | 8. Medical oils and balsams. |
| 4. Medical seeds. | 9. Salts. |
| 5. Medical extracts. | 10. Minerals. |
| 11. Medicinal earthy substances. | |

SEASON OF THE YEAR FOR COLLECTING
MEDICINES.

1. ROOTS.—Roots should be collected in the spring before the sap begins to rise, or in the fall after the top is ripe or dead, to obtain their full medicinal virtues. In late spring and summer, while the top is fresh, they are of but little use. Roots should be washed clean as soon as dry, before they get shriveled. You will lose much of their medicinal virtues if they are washed after that time.

2. BARKS.—Barks may be stripped from the tree or shrub at any time when the sap prevents their adherence to the wood; still they can be taken at any other season, but with much more trouble. The outside or rough portion should be shaved off, and the bark then cut thin, and dried in the shade.

3. MEDICAL PLANTS OR HERBS.—The best season to gather herbs is while they are in blossom. Dry them in the shade. Their virtues are not essentially diminished until they are ripe, or until frost appears.

4. FLOWERS.—Flowers should be gathered while they are fresh in blossom, and dried in the shade.

5. SEEDS.—Seeds should be gathered when fully ripe, and dried in the shade; and they, as well as roots, barks, herbs,

and blossoms, should, as soon as fully dried, be kept from the air as much as possible, and in a dry place.

PREPARATIONS.

1. **EXTRACTS.**—The best method to obtain all the strength and virtues of a plant or vegetable is to mash it fine, and add a little alcohol if necessary, cover, and stand a few hours; press out the juice and evaporate in the sun to the consistence of honey; then put in jars and cover tight with bladder or skin. This is the inspissated juice, and is much superior to extracts made by boiling.

2. **INFUSION OF TEAS.**—Put a handful of the herb into a teapot, add one pint of boiling water, and let stand fifteen or twenty minutes. Dose, a full draught three or four times a day, unless differently prescribed. To promote perspiration, take it warm and often.

3. **DECOCTIONS.**—Make the same as infusions, but continue the boiling until all the strength is extracted.

4. **SIRUPS.**—Cover the roots, barks, or herbs with water, in a kettle; simmer herbs half an hour, and roots one hour; then drain off all that will drain, and if roots are in the kettle fill up, and simmer another hour; drain off all you can; then, whether roots or herbs, or part of both, squeeze the dregs with clamps, or scrap squeezers, made by nailing a leather four inches wide over the ends of two strips of board. Empty the dregs into a stout strainer, or piece of sacking, and you can get out much more than you would suppose by squeezing them; wash out the kettle, and strain the decoction back into the kettle; then add one pound of white sugar to every quart, also beat up an egg and stir into every gallon; then scald up slowly, and skim the scum as fast and as long as it will rise. Set it aside to cool, and when cold, add half a pint of alcohol to the gallon, and then add essence of anise, or wintergreen, etc., to flavor to your taste. I use anise for liver and cough sirup, and wintergreen to diuretic sirup, their properties being

favorable to those peculiar compounds. Then bottle for use, and cork tight. As it regards the quantity, I generally make about as much of the sirup when the sugar is added as there is of the materials when closely packed in the kettle before boiling.

5. TINCTURES.—As a general rule, tinctures are made by bruising the articles, and adding one pint of alcohol to each ounce; cork tight, let them stand ten to fourteen days to macerate, then strain off and filter, and bottle up again for use.

6. ESSENCES.—As a general rule, essences are made by adding one ounce of oil to one pint of alcohol, and when sufficiently cut, are ready for use. You can color them with a tincture of red sanders, etc., if you wish.

COMPONENT PARTS OF VEGETABLES.

Plants are chemical compounds wisely prepared by the hand of nature for the use of man. Although spurned and despised by calomel quacks, who would fain make you believe that they know more about chemical compounds than their Creator ever did, and called by them foolish and simple, yet plants possess more ingenious compounds than can be made by the greatest chemist in the world. Nor will his productions bear comparison with them as regards beauty, medicinal qualities, or natural and harmonious action upon the system. The reason is, one is made by man, and therefore imperfect; the other by the Creator, and therefore absolutely perfect. Vegetables in general contain gum, fecula, gluten, sugar, oil, resin, balsam, tannin, acid, wax, camphor, and albumen.

Some substances are administered in their natural state; others previously undergo various preparations. Their medical powers are often increased by combining two or more together. Hence the necessity of preparations and compositions. My different preparations are arranged under the following heads:

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| 1. Balsams. | 16. Ointments. |
| 2. Bitters. | 17. Plasters. |
| 3. Caustics. | 18. Poultices. |
| 4. Drops. | 19. Pills. |
| 5. Decoctions. | 20. Powders. |
| 6. Extracts. | 21. Salves. |
| 7. Eye-washes. | 22. Sirups. |
| 8. Fomentations. | 23. Spirits. |
| 9. Gargles. | 24. Sinapisms. |
| 10. Infusions. | 25. Tinctures. |
| 11. Injections. | 26. Essences. |
| 12. Liniments. | 27. Troches. |
| 13. Liquids. | 28. Washes. |
| 14. Mucilages. | 29. Mixtures. |
| 15. Oils. | 30. Electuaries. |

Inasmuch as medicines do not have a similar effect upon all persons, I shall at first give such compounds under each head as I think the best, and then add in various others to make an assortment, as frequently one kind can be obtained much more readily than another. Great care should be taken to know that all the articles which compose them are of a good quality, and possess their full strength, as a large proportion of that which you will find at the drug stores was put up to sell in the first place, and might not have been pure; secondly, they may have been kept on hand until they have lost their medicinal virtues and become worse than nothing. I have little or no confidence in any root, bark, or herb found at a drug store generally, as most of them are not worth much after they have been gathered one year. But after they have been bought by the druggist, they must be sold; hence he will tell you they are fresh, just received, etc. The best way, when it is possible, is to have them gathered for yourself in the proper time of the year, and well taken care of, and then you will not risk your time or life in fooling with a worthless article for the sake of patronizing and supporting a selfish druggist, who from the force of habit cares only for the almighty dollar, at the risk of your life.

It is a very easy matter, if you will but attend to it, to save, or have saved, a little of all the various kinds which can be found in your vicinity at the right time of the year, whether you are sick or not. Mark them plainly, and lay them by for future use in a dry place. It is the best and cheapest life insurance policy that you can have. Do this when you are well, and they will be ready when you are sick, as an ounce of prevention is worth a pound of cure. You can at the first onset take a very little, and throw off an attack of disease; but if you wait until you are sick, it may not be the right time of the year to obtain them, or you may not then be able to get them as you could if well. Now, do not forget this.

ARRANGEMENT.

It will be seen that I arrange my different prescriptions or recipes under the above heads of balsams, bitters, caustics, drops, decoctions, etc., and number them all in rotation as they come, that in referring to them in prescribing I can turn to the number while treating upon female diseases, which will be much easier than to be obliged to write out the full prescription, as I was obliged to do in many cases while treating the diseases of children. I found it a hard matter to arrange them so as to be perfectly convenient, both for the reader and myself; but by a little perusal the reader will soon find by the numbers, or the class, under the above heads, a medicine which will apply to his or her need in the case. In presenting this list of prescriptions and compounds, I have in view, not only remedies for the female, but also for general use, thinking I can in this manner best serve the reader and the world at large.

It will also be seen that I give, as a general rule, the properties and uses of each medicine, thus enabling the reader to be more and better posted in regard to making a proper selection for any given disease for which he may wish to prescribe.

NO. 1. HEALING BALSAM.

Take of the fresh-gathered sap of white pine seven ounces, and half an ounce of the oil of anise; mix; if too thick, reduce with a little spirits of turpentine to the thickness of honey. Bottle for use.

Uses.—This is very healing and strengthening to the lungs; is a good expectorant, also diuretic, and carminative, acting freely upon the kidneys and urinary organs, and expelling wind from the stomach and bowels; it is good in all chronic affections of the lungs, liver, and kidneys.

Dose.—For an adult, four to six drops; children, one to four drops, according to age; to be taken on sugar morning and evening before eating, and on going to bed.

BITTERS.

By this class of medicines is understood certain liquids, as wine or spirits, impregnated with those vegetables which contain the greatest quantity of the bitter principle, such as golden seal, calumba, etc. They are used to impart tone to the stomach, and strengthen the system.

AGUE BITTERS.

One quart pure spirits, or reduce alcohol one third with water; sixty grains quinine; four ounces fluid extract rhu-barb; one ounce fluid extract golden seal; one half ounce essence cinnamon; one half ounce essence cloves; eight ounces chopped raisins. Let them stand several days.

Dose.—One tablespoonful every two hours, when no fever.

NO. 2. FEMALE RESTORATIVE BITTERS.

Take one ounce each of comfrey, elecampane, Solomon's-seal, spikenard, white pond lily, lady's slipper, and both roots and flowers of camomile, and yarrow herb. Bruise all; pack

them in a kettle, and cover with boiling water, and cover the roots with a plate; keep them hot for one hour; when cool, add two quarts of wine, or one quart brandy; let them stand twenty-four hours, then drain off, and squeeze the herbs and strain.

Dose.—Half to a wineglass full three times a day.

Uses.—This is a very useful tonic in all cases of female debility. It is valuable in fluor albus, or whites, and incipient consumption.

NO. 3. EMMENAGOGUE BITTERS.

Blue cohosh roots, two ounces; blue flag root, one ounce; partridge berry, or winter clover, one ounce; yarrow herb, one ounce; colt's-foot snake-root, one ounce; skunk cabbage root, one ounce; mandrake root, one ounce; life root (nungnaw or uncum), one ounce.

Bruise all the articles fine, then add one pint gin, and two quarts of wine, either domestic or foreign; let them stand a few days, press and strain, and it is fit for use.

Dose.—Half a wineglass full three to five times a day.

Uses.—This is an excellent article to produce menstruation where there has been suppression either from taking cold, from weakness and want of power in the system, or from any other cause. (See Emmenagogue Sirup and Female Pills.)

NO. 4. TONIC BITTERS.

Golden seal root, one half ounce; inner bark of white wood, one ounce; Indian hemp root, one ounce; black cherry, one ounce; bark of the root of wah-a-hoo, one ounce.

Bruise the articles, pack them tight in a kettle or jar, cover with boiling water, and simmer half an hour; when cool, add one pint of gin or some good spirits, and one pint of wine; strain off and sweeten and bottle.

Dose.—One or two tablespoonfuls three or four times a day when there is no fever.

Uses.—This is a good tonic in all cases of debility from ague or chills and fever, or chronic liver complaint, and may be taken with safety if it does not raise a fever. If it is designed to break the chills, and should be taken every two hours when the fever is off.

NO. 5. STIMULATING WINE BITTERS.

Prickly ash bark or berries one ounce; sassafras, bark of the root, one ounce; bayberry bark, one ounce; cloves, one ounce; capsicum or cayenne pepper, one quarter ounce.

Bruise the articles, and add one pint of good spirits, and after standing one day add one quart of wine; let it stand ten days, and strain off and bottle.

Dose.—For adult, half a wineglassful three or four times a day.

Uses.—This is used in agues and chill fevers, chronic liver complaint, and in all cases where there is a coldness of the system, and poor circulation; also in dyspepsia, or indigestion. It is very warming, and produces a good circulation of the blood, and increases the appetite and strength.

WOODRUFF'S STOMACH BITTERS.

Two ounces colt's-foot root, four ounces each of ginseng wafer, ash, bark of the root called choctaw, or tealia; prickly ash, and golden seal, all cut fine; tincture in one quart of alcohol, with water enough to cover it; let stand ten days, and filter or strain, and add one quart simple sirup, flavor with one half ounce essence of wintergreen and one ounce essence peppermint; add one ounce tincture capsicum; make one half gallon of it.

Dose.—One half to one tablespoonful three times a day.

Uses.—Good for dyspepsia, weakness, or pain in the stomach, nausea or vomiting, etc., also an appetizer. It is well liked for all weak stomach affections.

CAUSTICS, OR ESCHAROTICS.

These are substances which, when applied to fungous flesh, or the skin, will disorganize the same. Their operations, however, differ very much, according to the agents employed, some acting very mildly, others very severely. They are derived both from the mineral and vegetable kingdoms. Those of the latter are always to be preferred when they will answer the indication required.

NO. 6. VEGETABLE CAUSTIC.

Make a strong lye of hickory or oak ashes, put it into an iron kettle over the fire, and evaporate until dry. Pulverize and preserve in close vessels of glass.

Uses.—This caustic is highly useful in the treatment of fistulas, also in indolent ulcers of every character. It removes fungous flesh without exciting any inflammation, and acts but little except on spongy or soft flesh. It is useful in cancers and venereal ulcers, and in every case where a caustic is required.

NO. 7. EXTRACT OF BLOOD ROOT.

This is made by bruising the green root, and expressing the juice, and drying down to the thickness of honey.

Uses.—This article, mixed in equal parts with honey, is excellent to remove the film from the eye, by applying two or three times a day; or used without the honey, on lint, applied to foul ulcers, cleanses them with but little or no pain, and proves very beneficial to cleanse all old sores, etc.

NO. 8. WHITE VITRIOL (MINERAL CAUSTIC).

This, also called sulphate of zinc, makes an excellent caustic for fungous or proud flesh, a few grains to be occasionally applied. Also for inflamed eyes (see Eye-wash), and sometimes

in compounds, to very great advantage, as an injection for females only in gonorrhœa, or clap, and for leucorrhœa, or whites.

DROPS.

Drops include medicines which from their strength or active properties, require to be given in very small doses. The dose is generally graduated by the number of drops to be administered. Great caution is necessary in giving this class of medicine, as mistakes are more liable to be made in this than in any other class of medicine.

Vials containing drops should always be kept well corked and labeled, that the strength may not be increased by evaporation, or the virtues of them lost.

NO. 9. DIURETIC DROPS.

Take of sweet spirits of niter, two ounces ; oil of almond, two ounces ; balsam copaiba, one ounce ; spirits of turpentine, one ounce. Mix these, and add one scruple spirits of camphor.

Dose.—One teaspoonful three or four times a day, to be taken in some mucilage, or in water. Give to children in proportion to age ; one year old, five to ten drops.

Uses.—These drops are very useful in inflammation of the kidneys or bladder, and for scalding of the urine, whether it arises from venereal diseases or other causes. They increase the urine, and give prompt relief.

NO. 10. ANTIEMETIC DROPS.

Take of vinegar, one quart ; salt, two ounces, or all that will dissolve ; capsicum, or cayenne pepper, half an ounce. Mix.

Dose.—For adult, one tablespoonful where there is great nausea, or vomiting, every ten or twenty minutes until relieved.

Uses.—This is the best article I ever saw in severe cases of bilious vomiting, and in milder forms of nausea in the first few months of pregnancy, etc., wherever and whenever it is needed. It is also very good in putrid sore throat, or diphtheria; also, to give a patient an appetite, if taken in teaspoonful doses, and often it strengthens the stomach, and will scatter a putrid sore in the throat, and give instant relief. I cured one case of bilious vomiting, after two doctors had given the patient up. He did not vomit after taking the first dose. I never knew it to fail, simple as it is.

(See Antiemetic Compound and Neutralizing Cordial.)

NO. 11. CARMINATIVE DROPS.

Angelica root, four ounces; wild valerian, or lady's slipper root, two ounces; calamus, or sweet flag, half an ounce; anise, dill, and fennel seed, each one ounce; catnip and mother-worth, each one handful; pleurisy, or white root, four ounces. Bruise and add two quarts of brandy or good spirits; cover, and keep it warm twenty-four hours, then press out and strain the liquid, and add half a pound white sugar; when settled bottle for use.

Dose.—For children, ten to sixty drops, according to age; for adults, from one to four teaspoonsfuls in a cup of warm water or tea. It may be repeated every four to six hours.

Uses.—It eases pain, creates a moderate perspiration, and produces refreshing sleep; is good for restless children; removes flatulency and wind colic, and is useful in hysteric and nervous affections, female debility, etc.

(See Soothing Cordial.)

NO. 12. TOOTHACHE DROPS.

Take equal parts of the oils of sassafras, origanum, and cloves; mix. Wet cotton with this, and put in the tooth, or by the side of it.

(See Cephalic Fluid.)

DECOCTIONS.

Decoctions are medical preparations and drinks made by boiling substances in water for some time, where we wish to administer the virtues of any plant in the form of drink. Decoctions are very useful. Some ingredients lose part of their strength by long boiling, and are given best by merely steeping, or in some other form. Articles designed for decoctions should be sliced thin, or bruised into a coarse powder, that the strength may be the more easily extracted.

NO. 13. ASTRINGENT DECOCTION.

Take all or either of alum, the inner oak or white oak crane's-bill root, or tannin, and make a strong decoction.

Uses.—This is a very useful article for in-growing toe-nails, or any painful swelling. For any recent hernia, or rupture, of man or beast, wet a folded cloth, bind it on, and keep it wet. I use it for the cure of seminal emissions, by binding on over the scrotum. For weeping sinews on the wrist, bind on a folded cloth wet with this astringent decoction. It is also used for *prolapsus uteri*, or falling of the womb; use with a female syringe two or three times a day. Useful also for stopping the blood in cuts and wounds. Inject every fifteen minutes for flooding; it will stop the worst case in one hour.

NO. 14. DIURETIC DECOCTION.

Take equal parts of Virginia snake-root, milkweed root, juniper berries, dwarf elder, spearmint, wild carrot seed, Indian hemp root, or several of the above together; bruise them fine, and steep to a strong decoction.

Dose.—For an adult, one fourth of a pint often through the day, or often enough to produce a free discharge of urine.

Uses.—This is very useful in gravel and all kinds of dropsy, and in inflammation of the kidneys, bladder, and womb.

NO. 15. RHEUMATIC DECOCTION.

Take of Virginia snake-root two drams, white-pine bark four drams, burdock seed four drams, prickly-ash bark four drams. Pound all fine; add one gallon of water, and boil down to six pints.

Dose.—One half a pint two or three times a day.

Uses.—This forms an excellent decoction for chronic rheumatism and internal soreness.

NO. 16. FOR GRAVEL.

Take two ounces of life roots and tops (called unicum, or nunngnav), and two ounces of the root of Jacob's ladder; steep to a decoction, and take as a common drink. This is said to be infallible for gravel.

EXTRACTS.

Extracts are the products of vegetables produced by boiling or evaporating to the consistence of honey. There are two kinds—spirituous and watery. In the former, spirits are used to extract the strength of the article of which the extract is made; in the latter, water is made use of. In preparing them, it is necessary to add fresh water often, if water be used, until all the strength is extracted; then strain and evaporate until the liquid is brought to the thickness of thick molasses or honey; then put up in jars, and cover with bladder or skin, to prevent molding. This is an excellent form to administer many kinds of medicinal plants, as the quantity to be given is very small. The inspissated juice of vegetables is the best method to obtain their virtues in a concentrated form. It is made by bruising, then pressing out the juice, and evaporating. The extracts of dandelion, blood-root, poke berries, henbane, gentian, butternut, boneset, or thoroughwort, etc., are all made in this way.

NO. 17. EXTRACT OF POKE BERRIES.

Gather the berries when fully ripe in the fall, press out the juice and strain, then evaporate to a moderate heat (not boil) until it is thick enough for a plaster; then add an equal part of honey.

Uses.—This makes a good discutient plaster for cancer tumors; also a good wash for open cancers, by dissolving in water, and applying on cotton wet with it. It is very cleansing to cancers and all old sores and foul ulcers.

NO. 18. EXTRACT OF POPPLE BARK.

Boil a large kettleful of popple bark three hours, then take out the bark and strain, and boil again very strong, then put it in a tin pail and set it in a kettle of boiling water to keep it from burning, and evaporate until it is thick enough for rolling into pills; then if you wish to make pills of it, roll it in pulverized gum arabic or flour, and form into pills. Dose, three to five a day of common size. If you wish to use it in sirup, take one ounce of the extract to a pint of hot water and stir until dissolved, then add half a pound white sugar, and when cool, flavor strong with the essence of anise to take off the bitter taste. This makes my tonic and nervine sirup.

Uses.—This is the best remedy for hysterics I ever saw, to be taken one tablespoonful three to five times a day. Also good for all debilitated states of the system and nerves. For hypochondria, or blues, or bad states of the stomach and liver, where one is perfectly discouraged and despondent, it is excellent and will soon make him feel as though everybody owed him a shilling. It never fails to cure cases where the liver and nerves are affected.

NO. 19. EXTRACT OF BONESET.

This is made by boiling the herb one or two hours, then squeeze out and strain and boil down the same as the popple in No. 18, until you get a thick extract, which, if made into

pills, you can roll up in pulverized golden seal to thicken into a pill mass, and after they are dry, dampen them and roll in a powder made of half pulverized gum arabic and half pulverized sugar, in order to sugar-coat them, then dry them again, and box. If made into a sirup, add an ounce of the extract to one pint of boiling water, and dissolve with half a pound loaf sugar, and flavor strong with essence of anise, to take off the bitter taste.

Uses.—This enters into the liver sirup and into the emmenagogue sirup. It is very useful in all diseases of the liver, chills and fever, and for suppressed menses and painful menstruation. This and the popple are both powerful tonics, and very safe to give in all debilitated states of the system, where there is no fever on at the time of giving.

NO. 20. EXTRACT OF CLOVER.

This is made by boiling a large kettleful of the heads or blows of red clover (to be gathered while fresh in blossom) until the strength is extracted; then strain and press out the juice from the herbs, and evaporate by boiling, until it becomes somewhat thick; then put it in a tin pail or dish, and set it in a kettle of water, and boil down thick; in this manner it cannot burn, or scorch. Then put up in jars corked tight.

Uses.—This forms a good plaster for cancer tumor; or a good wash, by dissolving in water, for applying to open cancers, by wetting cotton; I sometimes mix honey with it.

Extracts or various other articles can be made in the same manner, and are much more convenient to keep for future use. It is well in some cases to pour a little alcohol over the top of the bottle or jar in which they are kept, to assist in preserving them, before they are sealed up or while using from them.

EYE-WASHES.

Eye-waters are prepared either from mineral or vegetable substances, and are usually added to spirits or water and applied to the eye as a wash. They should be applied at first very weak, and the strength gradually increased as the eyes can bear it without causing much pain. As a general rule, all applications to the eye are made too strong, and on that account frequently do more hurt than good, however so good an article, by their overaction.

NO. 21. EYE-WASH.

Boil an egg hard, and while hot cut open and take out the yolk, and throw it away; and to the white add fifteen grains of sulphate of zinc (white vitriol) and three grains of morphine; put them together in a basin, or some suitable vessel, and grind them fine while as hot as possible; if properly ground up while hot, you can squeeze out an ounce of liquid, through a fine strainer, by pressing hard.

Uses.—This makes the best eye-wash I ever saw, and never fails in all cases of ophthalmia, or inflamed eyes, to give immediate relief. I have known of some of the worst cases cured when all other means failed. I obtained this recipe of Madam Crompton of St. Louis, who had made five thousand dollars by traveling the country with her husband and two children, in the short space of three years, over and above all expenses, in treating the eyes alone with this wash. It removes granulation and inflammation in a very short time, strengthens the sight, and is good for sore, weak, or inflamed eyes. I sell it in two-dram bottles for fifty cents, which will be enough to cure all common cases in a few days.

Directions.—Apply one drop to the eye with a camel's-hair brush, or in any other manner, three times a day.

I have been offered fifty dollars for this recipe in this city.

The zinc is cleansing, the oil of egg is healing, and the morphine deadens the pain. It seldom produces pain in any case after two or three applications.

NO. 22. TO REMOVE GRANULATIONS.

Granulations are a rough, warty substance on the under side of the eyelids. To remove them, the following will be found very useful: Take two grains of the crystallized nitrate of silver, one grain morphine, one grain blue vitriol, and one grain of sal ammoniac; pulverize each one separately, and mix. Apply once a day to the under side of the lids, by putting a little on a glass and wetting it; then apply to the eye with a camel's-hair pencil brush. After the granulations are removed, apply the eye-wash (No. 21), and take the alterative sirup for the blood, while treating the eyes; also soak the feet often, to keep up a good circulation in them and call the blood away from the head. The stimulating ointment used freely on the feet and limbs is excellent for that purpose.

For further remedies for the eyes, I would refer you to Dr. Chace's recipe book, where you will find a dozen good remedies, or more. It is a book which should be owned in every family.

FOMENTATIONS.

These are made by steeping various kinds of bitter herbs, also other herbs, like smartweed, etc., and bran. Bound on, either hot or cold, they are very useful to relieve pain and inflammation, by taking off the tension and spasm, and reducing the swelling, also to brace and restore the tone and vigor of those parts to which they are applied. Deep-seated inflammation upon the liver, kidneys, womb, etc., are frequently removed by applying these fomentations; sometimes, where they fail to give relief when applied hot, I apply them cold, which in some cases answers a better purpose.

NO. 23. COMMON FOMENTATION.

Take equal parts, or about two ounces each, of hops, tansy, catnip, smartweed, wormwood, and hoarhound, or a sufficient quantity of a part or either; boil them in equal parts of vinegar and water. They may be inclosed in a bag, and applied as hot as you can wring out, or they may be strained off, and a folded cloth wet in the tea applied, and changed often.

Uses.—This will be found very useful in relieving bruises, pain and inflammation resulting from contusions, sprains, or dislocations, and to reduce a hernia, or rupture, etc. It may also be usefully employed in inflammation of the bowels, liver, kidneys, lungs, and uterus, and in pleurisy; in short, in every species of inflammation it will be found useful. If much pain attend the parts, a piece of muslin may be wet in laudanum, and laid on, and the fomentation applied over it. For poisons, ruptures, erysipelas, etc., use lobelia fomentations to relax.

NO. 24. STIMULATING FOMENTATION.

Take of red peppers or cayenne, two ounces; ground mustard seed, two ounces; alcohol or spirits, one quart. Simmer a few minutes. Be careful not to let it get on fire.

Uses.—For palsy, paralysis, numbness, or congestion, bathe the parts, and rub freely. Good also for sinking chills or cold feet and extremities, and diphtheria, or putrid sore throat, applied externally, and as a gargle.

NO. 25. FOMENTATION FOR SORE OR INFLAMED EYES.

Simmer stramonium leaves in water, and apply cloths wet with the tea to the eyes, to remove inflammation. Another good application for the eyes, also for erysipelas and all acute inflammation, is to pound fresh veal, or tender fresh meat, and apply to the parts; it works admirably in all such cases.

Change three or four times a day, and keep a wet cloth over the meat to prevent its drying up. Very good for putrid sores.

GARGLES.

By this class of medicine we understand certain infusions, decoctions, or liquids suitable or designed for washing the mouth or throat, which by their stimulating or detergent properties become efficacious in diseases of those parts. They are frequently made of substances which should not be swallowed, in which case they are gargled in the mouth or throat, and spit out; but in the following this will not be required; they may be swallowed with safety, and great benefit in many cases.

NO. 26. SORE-MOUTH OR THROAT GARGLE.

Two ounces sage, two ounces spotted-alder bark, two ounces sumac bobs, one ounce alum, one ounce borax, one ounce gold-thread, one ounce blood-root, one ounce inner bark white oak, one ounce bark of root of sassafras. Cover the articles in a kettle with vinegar; steep down strong, and pour off; fill and steep again, until you make one quart of the above; then add one quart of strained honey, and scald up together. When cool, bottle for use.

Dose.—One teaspoonful four to six times a day.

Use.—This makes the best gargle that I ever saw for all cases of canker, aphthæ, or sore mouth or throat of any kind in children or adults. It is an invention of my own, is perfectly safe, and has always given the best of satisfaction. I have made some wonderful cures with this in a very short space of time. It should be given in teaspoonful doses, six to twelve times a day; gargle, and swallow. It is excellent for canker in the stomach or bowels if used freely, also for diarrhœa. If you cannot obtain all the articles, use such as you can get; they are all good, and would make a good gargle if either one or two should be left out of the compound.

NO. 27. STIMULATING GARGLE.

Dissolve all the salt you can in good vinegar, then make it very strong with cayenne, or red pepper. .

Dose.—One teaspoonful for adults, and children in proportion to age.

Uses.—This is a splendid gargle in putrid or inflamed sore throat, diphtheria, etc. I have had patients when they could not swallow without the most excruciating pain, and relieved them in ten minutes so they could swallow with ease. Still it is very severe for a minute or two. The dose should be repeated every one or two hours, according to the severity of the case. In very severe cases it may be given every fifteen minutes. This is my antiemetic drops, and will stop vomiting, if given in teaspoonfuls every few minutes, in a very short time, without fail, and impart a good appetite besides. There are many kinds of gargles, but these two answer all the purposes for which a gargle is required.

INFUSIONS OR TEAS.

For infusions or teas, put a handful of herbs into a teapot, or basin, and add from a pint to a quart of boiling water. When cool, drink freely. All kinds are prepared in this manner unless otherwise directed. It is probably the most convenient if not the most ancient manner of preparing medicine. Roots, etc., should be pounded fine or steeped a few minutes.

NO. 28. ANTHELMINTIC INFUSION, OR WORM POWDER.

Take of Carolina pink root half an ounce; manna half an ounce; and senna half an ounce; add to these one quart of boiling water, and let it stand six hours; stir and sweeten with honey or white sugar, and add a little milk.

Dose.—Half a teacupful three or four times a day for a child six years old, or sufficient to purge.

Use.—It is an excellent medicine to expel worms

NO. 29. EMMENAGOGUE TEAS.

Take two handfuls of life root and tops (known by some as uncum, or nungnaw) and pour on one pint of boiling water; steep a few minutes, and drink freely through the day while hot, fill up the vessel as you drink off, until the strength is gone.

Uses.—This is the best herb I ever saw for female obstructions and irregularities, and is called by some female regulator. It strengthens the menstruating organs, and is good for suppression from taking cold, or painful menstruation, or for an excess of flooding, and is perfectly safe. It grows about cold springs and brooks and in swamps. The tops look somewhat like those of a small white turnip. It sometimes throws up a straight stalk, a foot or foot and a half high, with yellow blows. The main root is two or three inches long, with numerous films, and has one peculiarity, viz., the large root, which is not larger than a small pipe stem, has a purple center, or heart; by this it can be distinguished from all other plants of a similar appearance. No female should be without it. It is a perfect regulator. It is a sure cure in all cases of gravel. It is an emmenagogue, febrifuge, and a powerful diuretic. Take a teacupful of the tea three or four times a day.

NO. 30. EMMENAGOGUE HERBS, FOR TEAS.

There is a variety of roots and herbs which, by steeping as above described, have a tendency to produce menstruation in all cases of suppression and irregularities, and also to give relief in painful menstruation; among which I consider the following to be the best, and some of which can be gathered on almost any farm in the country, viz., pennyroyal, yarrow, colt's-foot snake-root, black snake-root, skunk cabbage, dandelion,

motherwort, blue cohosh, balm, wintergreen, tansy, pitch-pine, blood-root (in small quantities), partridge berry (or winter clover), Jerusalem oak, feverfew, mandrake root (dose half teaspoonful), and blue flag. The last is a powerful cathartic—be careful.

All these herbs and roots may be steeped and drank freely except the blood-root, which is a powerful emetic, and should be taken with great caution, as the stomach will bear. The mandrake also is a powerful cathartic, a heaping teaspoonful of the pulverized root being a full dose as a cathartic for an adult. Still, taken in small doses every three hours, it not only acts upon the bowels, but is a good emmenagogue to produce the menses.

It will be well for the patient, in selecting from the above articles, to look to the tables in this work, giving the properties of various roots and herbs, as found under the head of Astringents, Antispasmodics, etc., as all roots and herbs have various properties. These may be found under various heads and might produce various effects in directions which you might not desire, under some peculiar states of the system; for example, supposing the patient very sick at the stomach, you would not want to give blood-root, mandrake, or any article which had emetic properties. Again, if she was very costive, you should not give any article which had strong astringent properties, unless you counteract them by combining those having cathartic properties. In this manner you can soon make wise selections if you pay strict attention to the various properties combined in each medical plant which you use. This is the main secret in the administration of medicine for the speedy removal of disease. If the patient with a suppression has a high fever, those medicines which have a sweating tendency should be selected, which will be found under the head of Diaphoretics or Sudorifics. Thus you make one medicine answer a double or treble purpose, and do not overload the stomach with a variety of teas, etc., some of which might have an effect opposite to that which you wanted. All difficulty can be avoided by looking for the article in question under the different heads of Medical Properties, to

see what different properties it possesses, and under what circumstances it should be given, or not be given, or what to combine with it to counteract any particular effect. With this precaution, you will always be safe, even if your judgment or experience should be weak upon any particular medicine.

In speaking of this class of remedies to produce the menses, it may be well for me here to say that in all cases of suppression from the taking of cold, etc., there is a certain amount of inflammation in and about the womb. To remove this, there is nothing more efficient than to pump a stream of warm water against the womb, by means of an india-rubber or pump syringe, from a vessel over which the female may sit; pump for ten or fifteen minutes at a time, every one or two hours. The water used should be a little more than blood-warm. It will relax the parts, and remove inflammation, and at the same time cause a lively circulation of the blood to the parts, and assist the required discharge. It would be well to add a little sal-soda to the water, so as to make it a little slippery.

NO. 31. CATHARTIC INFUSION OR POWDER.

Mix two parts of Alexandria senna, finely pulverized, to one part of pulverized jalap; then add one tenth part of pulverized cloves, and sift.

Dose.—For an adult, one heaping teaspoonful, to which add half teacup of boiling water, and sweeten; when sufficiently cool, stir up, and before it can settle, drink the whole. Give to children in proportion to age. (See Table of Doses.)

Uses.—This forms one of the best cathartics ever given to the human family under any circumstances. It is pleasant to take, does not excite the stomach, does not cause pain, nor reduce the strength of the patient. It is mild but thorough in its action, in cleansing the stomach and the whole length of the alimentary canal, and brings away more bile, and does it easier, than any other physic I ever saw. It is good in all fevers and bilious states of the system where a cathartic is required, and is not dangcrous in pregnancy.

NO. 32. WHITE-PINE TOUCHWOOD INFUSION.

Take of white-pine touchwood (a kind of toadstool found on the living white-pine trees), pound fine, and to a heaping tablespoonful add half a pint of boiling water, and sweeten.

Uses.—This makes a splendid pain killer for bilious colic, painful menstruation, and all pains in the chest or bowels.

Doses.—It should be taken hot, in half-teacupful doses. In severe pains, it may be repeated every fifteen minutes until relieved.

NO. 33. HONEY-BEE INFUSION.

Add half pint of boiling water to a heaping tablespoonful of dead honey-bees. Stand fifteen minutes, strain, and sweeten.

Dose.—For an adult, two tablespoonfuls every fifteen to thirty minutes.

Uses.—This is a powerful diuretic, and is very useful in any suppression of the urine. It will cause a free discharge of urine when many of the best remedies fail.

INJECTIONS.

Injections are liquids composed of various ingredients, to be used with a syringe, for the local treatment of the bowels, the vagina, the penis, the ear, the nose, and deep-seated ulcers, etc. Their operation or effects depend upon the ingredients used. Some are emollient; others are stimulant, anodyne, purgative, antispasmodic, etc., according to where and for what purpose they are used. They are generally exceedingly useful in the treatment of the above organs; but for the exceeding delicacy of some, they are not used half as much as they should be.

In the proper treatment of cases of diarrhœa, colic, and cholera morbus, also in strangulated hernia, or rupture, flooding, etc., they are indispensable. As a general rule, they are

not given half often enough, or half large enough. None can so well judge of their great benefit as the physician, and the patient who has been relieved by one of them. They are to be used with a syringe of metal, glass, or india-rubber. These syringes are made in different forms, most convenient for the different organs to which they are to be applied in their use. There are various names for the different kinds, viz., the French syringe, of various sizes, to be used for the rectum, or bowels, and for the penis and vagina. The female syringe is made of metal, glass, gutta-percha, and of india-rubber, of various styles and sizes.

The penis and ear syringe is also made of the same kind of material, and of various shapes and styles. I think the best one offered to the public at this time for general and all uses is F. B. Richardson's extension syringe, with eye, ear, and children's tubes, so that the same syringe can be used in the family for every use to which a syringe needs to be used, simply by screwing on different-sized tubes at the end of the india-rubber pipe. They generally cost at retail from seventy-five cents to one dollar and a half. No family should be without one of them in the house; and if you had one, you would use it often. Females should always use one immediately after every monthly period, to cleanse the vagina, which will prevent and in some cases cure the leucorrhœa, or whites, so common to most females of a delicate habit. They are a perfect safeguard in all cases of flooding, by the use of a little alum-water.

NO. 34. COMMON INJECTION.

Take of sweet milk one pint, mucilage of slippery elm one pint, molasses one half pint, olive or castor oil one gill, saleratus one teaspoonful; mix. Give blood-warm. This forms an injection of much value, and may be used in almost every case where one is needed in the bowels. It is often of great benefit in diarrhœa and dysentery, and should be given in large quantities, that it may be thrown far up the bowels, and retained as long as possible before it is passed off, that it may

have time to take more effect upon the lining membrane of the bowels. Where there is great pain in the bowels, add two thirds of a teaspoonful of laudanum to each injection for an adult, and for children in proportion to age. This gives almost instant relief in acute dysentery, and in all severe pains in the bowels.

NO. 35. SOAP-SUDS INJECTION.

Take of strong soap-suds a sufficient quantity. Inject it about blood-warm.

Uses.—This is an injection which may always be conveniently procured. It is mild and safe, and may always be administered to advantage. It is very useful in habitual costiveness, when purgatives are not effectual, and for various other complaints.

NO. 36. STARCH INJECTION.

Take of common starch half a teacupful, warm water (not hot) one pint; mix. If the water is not hot, it will not thicken up, but make a very cooling and healing injection.

Uses.—This is very useful in all cases of diarrhœa and bloody dysentery, and may be injected in large quantities. It is healing and cooling. But if severe pain attends the complaint, a half teaspoonful of laudanum should be added to each injection for an adult, and repeated every twenty to thirty minutes until relieved of pain. For a child a year old, six to eight drops of the laudanum may be added, and for others in proportion to age. It will be found most convenient to mix up a quantity for several injections, and add the laudanum in another dish, to about what the syringe may hold, or what you will give to one injection, then there is no danger of getting an undue quantity of the laudanum at any one time.

NO. 37. STIMULATING INJECTION.

Ten grains of cayenne or red pepper, ten grains lobelia, two portions of physic (of my compound of senna, jalap, and cloves) or of salts, or any other kind most convenient, one pint of boiling water; let it stand fifteen minutes to steep, and give it blood-warm. If the salts are used, mix them in after it is partly cool.

Uses.—This injection is occasionally used in very obstinate cases of costiveness, bilious and painter's colic, and strangulated or incarcerated hernia, or rupture, etc.

NO. 38. TOBACCO INJECTION.

Take of tobacco one dram, and of tepid water one pint; infuse for twenty or thirty minutes.

Uses.—This injection is sometimes used in the treatment of incarcerated hernia, with a view to its relaxing properties. It should, however, be used with great caution, as it has sometimes produced alarming symptoms. It is also used in very small quantities to destroy pin-worms in the rectum. Salt and water is also very good for that purpose.

NO. 39. PIN-WORM INJECTION.

Mix two tablespoonfuls of salt, two tablespoonfuls of sulphur, one tablespoonful tobacco juice, one half tablespoonful of saltpeter, and one half pint warm water. Shake up, and of this compound for children troubled with pin-worms you may inject one or two tablespoonfuls at a time four to six times a day until cured. At the same time you should give them physic to cleanse the stomach and bowels, and also a tonic to strengthen the digestive organs, and prevent the breeding of worms, which is the result of poor digestion and a weak, relaxed state of the stomach.

NO. 40. INJECTION FOR PILES.

One half ounce British oil, one half ounce oil of fireweed, two ounces stramonium leaves, one ounce pulverized alum, one ounce sulphur, one ounce of tobacco ashes. Steep the leaves and make one pint of the tea; then add the other articles to the bottle and shake well.

Directions.—Inject a teaspoonful of this after having a passage of the bowels, or two or three times a day. It may be injected with a penis syringe. If it should prove too strong, reduce it with water, as you can bear it.

Uses.—This, if used as strong as can be borne, is one of the best remedies for all kinds of piles that I know of. If you cannot get all of the articles, use such as you can get; they are all good, alone or combined. For children, I would at first reduce it one half with water until they can bear it stronger. Shake it well before using, each time. By injecting a small dose it will all be retained, and not have to be immediately passed off.

NO. 41. WARM-WATER INJECTION.

This consists of the quantity of warm water required, which should be a little more than blood-warm for most uses.

Uses.—The great number of uses for this can hardly be enumerated, as it is in most cases nature's own remedy to remove obstructions and inflammations. It is very useful to assist in the movement of the bowels while in a state of costiveness, and for all internal pains, etc. It is one of the best remedies to remove inflammation of the womb, and to soften and open the neck of that organ and surrounding parts when inflamed, or for a suppression of the monthly discharge, or for inflammation of the bladder, or scalding of urine or painful passages of the same, or for an inflammation of the ovaries, painful menstruation, etc.

Directions.—It should be used with F. B. Richardson's extension syringe, or with some one of the pump syringes, which are much more convenient than those which have to be

removed when filled, especially for removing local inflammation, etc., in and about the womb.

To use the pump syringe, prepare a few quarts of water a little more than blood-warm; let the female sit over the vessel, so that which runs off may be caught in the same vessel; then enter the longest tube into the vagina, and continue to pump for ten or fifteen minutes at a time, letting the warm water run back into the same vessel. For all inflammations in and about these parts, this operation should be repeated every one to three hours. It is surprising how fast this will remove it.

It is good in child-bed fever also. It tends to relax the parts, and create a gentle perspiration of the patient; while at the same time it can do no harm under any circumstances, except in a state of pregnancy of a few months' standing. If continued five or six times a day for a few days, it is sure to relax the neck of the womb and produce an abortion, which should be guarded against by all those in that condition, for it relaxes the neck of the womb so completely that the abortion takes place without any premonitory pains or symptoms to speak of; consequently it is the safest method by which such an act could be done, even by those who desire it, which is a bad business at best.

Warm-water injections in this manner also facilitate childbirth, where the pains are lingering and where the parts need a general relaxation. I have tried it in several cases to great advantage. It appears to assist nature by relaxing the parts and saves many pains.

For inflammation in the ear and all gatherings, pumping a stream of warm water into or against the ear tends to relax the parts and remove the inflammation and pain in a very short time; also for inflammations, etc., in the nose. For pains and ulcerations in the female breast, lay on a pledget of tow or cotton, loose, then pump a stream of warm water on to or above it. This will soon relax the parts, and scatter and remove all soreness and inflammation if repeated often.

NO. 42. GRUEL INJECTION.

This is made by boiling a pint of water, adding a little salt, and stirring in a tablespoonful of Indian meal or unbolted wheat meal, or oat or rye meal. The meal should be previously wet in cold water. Boil fifteen minutes. It should be made sufficiently thin to pass through a syringe.

Uses.—In all cases where nourishment cannot be given by the mouth, as in cases of putrid sore throat, lock-jaw, etc., this kind of injection may be given with a syringe in sufficient quantities to nourish the bowels and keep up the strength and life of the patient for weeks, when it could be done in no other way. This kind of gruel is excellent to feed to any patient; it rests well on the stomach and digests very easily, and is very nourishing.

NO. 43. ASTRINGENT INJECTION.

This may be made by boiling two ounces of crane's-bill root, or of inner bark of white oak, or of hemlock bark, or one ounce of the leaves of witch-hazel, to make one pint of the tea from either, or one ounce of pulverized alum to a pint of warm water. Tannin is sometimes used for the same purpose.

Uses.—This is an excellent astringent wash for a variety of uses. It may be injected every fifteen minutes to stop the worst case of flooding in one hour; or two or three times a day between periods of menstruation to cure *prolapsus uteri*, or falling of the womb, or twice a day to cure leucorrhœa, or whites. It is also very good to stop blood from a cut or wound. A cloth wet with this wash can be bound on an in-growing toe or finger nail, or any other sore or tender swelling, to shrink it and stop the soreness, and toughen it. I also use it for recent ruptures, etc., by binding on a cloth wet with the wash.

No. 44. LEUCORRHŒA INJECTION.

To cleanse the vagina, add to one pint of soft water, or soap-suds, one dram sulphate of zinc (white vitriol), and one dram of borax. Inject three times a day.

No. 45. THE SAME.

Should the parts be sore with much scalding of urine and tendency to inflammation, you may mix to one pint of soft water one dram of borax, one dram of sugar of lead, and one dram of gum-arabic, all finely pulverized; when dissolved, inject two to four times a day.

Uses.—These injections are sufficient for most all discharges from the vagina that may occur. The first (No. 44) is useful in all cases of leucorrhœa, or whites. The latter (No. 45) is useful in all cases where there is more or less inflammation from an inflamed bladder, or for venereal diseases, generally called clap, and for all acrid or foul discharge where the parts need cleansing, before they are astringed with No. 43.

No. 46. INJECTION FOR THE EAR.

In all cases of pain and inflammation of the ear, you may inject with a pump syringe a steady stream of warm soap-suds, or sal-soda water, which by its relaxing effect will soon remove the inflammation and allay the pain. If the ear is not swelled shut, and the stream of water makes an unpleasant roaring in the head, you may put a small pledget of cotton or wool in the ear, to prevent it. If this does not relieve soon, you may mix laudanum with the juice of roasted onion, and drop in the ear, or lay a small cloth over the ear, and continue the pumping of warm soap suds upon the cloth, so as to keep the ear as warm as can be borne. (See treatment for inflammation of the ear.)

NO. 47. INJECTION FOR THE NOSE.

Forty grains sal-soda ; ten grains sal-ammoniac ; one half ounce fluid extract valerian ; one half ounce essence of anise ; one half pint water ; mix and shake.

Uses.—This is an excellent remedy for catarrh, or for headache or toothache, neuralgia, and hard colds in the head. It excites the secretions, removes all tendency to ulceration, and strengthens the nerves and eyesight, if injected with a small glass syringe up each nostril three to five times a day for catarrh and all chronic affections ; and for acute pain in the head or teeth, or for neuralgia, it should be used every five minutes with as much force as possible, so as to throw it clear over to the throat, or it can be snuffed from the hand hard and quick. Too much cannot be said of its marvelous effects in stopping pain, curing catarrh, etc. It generally stops headache and toothache in five minutes, by quieting the nervous action in the head.

NO. 48. ANTI-VENEREAL OR GONORRHOEA INJECTION.

Twenty grains sulphate of zinc (or white vitriol), twenty grains sugar of lead, twenty grains borax, twenty grains gum-arabic. Pulverize all the articles, and add half pint soft water; shake until well mixed.

Directions.—Inject half a syringeful of this three times a day for all common cases of gonorrhœa, or clap; but in cases where there is much irritation or swelling of the parts, leave out the sulphate of zinc until the inflammatory stage has passed, then add this. This is for females. I do not recommend injections for males in this disease.

Uses.—This is cleansing and astringent, and very useful in most cases of leucorrhœa, or whites, and is excellent in clap. It answers well every purpose for which a cleansing injection needs to be used. It is well for females to inject a little water or soap-suds, to rinse out the parts, before using this injection.

No. 49. SESQUICARBONATE OF POTASH INJECTION.

Quarter ounce of sesquicarbonate of potash to eight ounces of soft water; mix, and shake.

Directions.—Inject a female syringeful three times a day, and wash the sores upon the external parts with the same; or where there are external ulcers, you may apply the above powder to the sores dry. It will eat out the ulcer only, and not eat the live flesh, as most caustics do. If it causes severe pain after the ulcer is cleansed thoroughly, you may apply vinegar to kill its effects, which it will do in one or two minutes. This is the safest caustic to be used by inexperienced hands that I know of, as particular pains must be taken with all other kinds to counteract the effects, or it will make a sore worse than the one it was designed to heal, if not properly used, and counteracted by acids after it has done the work of cleansing the sores or killing the poison in them.

Uses.—This injection is designed only to be used in cases of ulceration of the womb and vagina, when it has been caused by syphilis, or pox, or by leucorrhœa, or whites, or from similar causes, for the purpose of cleansing the ulcers so that they will heal, by killing the venereal poison, to prevent its being absorbed and taken up in the blood, and spreading through the system, and breaking out upon the surface. Something of this nature should always be done as soon as possible after ulcers are discovered in or about the private parts; for if left one or two weeks, where they are caused by venereal poison, they will spread through the whole system, and can never be perfectly eradicated from the blood, and the patient will be liable in after years to break out again over the body, as well as on the private parts. It is also good for all kinds of ulceration of the womb from any cause, injected with water, to cleanse the sores, and cause them to heal.

I am thankful to say that since writing the above I have obtained knowledge from a French physician of another remedy. It is ferri tartrate of potassa, one ounce to eight ounces

of simple sirup; dose, two teaspoonfuls three times a day; also wash the ulcers with the same. Five such prescriptions have cured the worst cases I ever saw. It never fails me in the worst cases. It is the greatest gift to the medical profession.

NO. 50. POTASSIO-TARTRATE OF IRON INJECTION.

Take one ounce of the above, mix with six ounces of simple sirup. Dose, two teaspoonfuls three times a day. Apply this solution to the external ulcers, also inject it where there are internal ulcers, in all cases of syphilis, or pox, to cleanse the sores; and at the same time take as one dose two teaspoonfuls three times a day for the above disease.

Uses.—I got this from the celebrated Dr. Ricord of France. It is also vouched for by the London *Lancet*, as being able to kill the venereal poison, and not allowing it to become taken up in the blood. It is said never to have failed to accomplish that desirable object. I have prescribed it to one hundred and fifty patients since I obtained it, and so far it works to a charm; at any rate, it comes from the best authority before the world at the present time on this class of diseases. I have the utmost confidence in its internal use. Dose, two teaspoonfuls three times a day; also to use as a wash to the parts, with a sponge, or with a syringe, as the case may require.

NO. 51. LOBELIA INJECTION.

Steep one ounce of the seed, leaves, or pods of lobelia twenty minutes in water as hot as you can hold your finger in it. Make one quart of the tea.

Directions.—Where there is great swelling and inflammation of the parts affected by gonorrhœa (clap), or syphilis (pox), or a stricture in the penis or the urethra, from the above causes, or from gravel, or in cases of inflammation of the bladder and suppression of urine, you may mix one half ounce of sal-soda to a quart of the above tea, and inject a

half syringeful into the vagina of a female or penis of a male, and repeat the operation every half to one hour until relief is obtained, or until some sickness at the stomach is felt from its absorption into the blood. This will soon relax the parts, and after a few operations, will relax the whole system. It counteracts the venereal poison, relaxes the parts, and soon gives relief in all the above complaints, and many others of a similar nature.

LINIMENTS.

Liniments are preparations employed with friction, or embrocations of the skin. They are usually composed of oily, spirituous, and gummy or saponaceous substances, as some of the essential oils, alcohol, soap, camphor, etc. They are used externally for rheumatism, quinsy, painful swellings, etc. The benefit derived from them is from their counter-irritant effects. They should be thoroughly and freely applied, and rubbed in with the hand for from ten to twenty minutes at each application, and the hand or a tight warm cloth held over the parts affected, until quite a smarting sensation is felt, in order to get their full and best effect, and not merely wet the parts with little or no friction, as most patients do, and get no benefit, even from the best of preparations, for a want of a thorough application.

NO. 52. SOAP LINIMENT.

Take equal parts of castile soap (shaved fine), oil sassafras, spirits of camphor, spirits of hartshorn, and alcohol; mix. This forms an excellent liniment in diseases of the throat and tonsils, and all local and painful swellings, rheumatism, etc. Bathe for fifteen minutes at a time, and rub freely.

NO. 53. HEMLOCK LINIMENT.

Oil hemlock one ounce; camphor gum one half ounce; pulverized opium one half ounce; chloroform one half ounce; alcohol one quart. (Or of this proportion for any quantity.)

Use.—This forms an extraordinary combination for all causes of pain, particularly of an inflammatory character, when healing liniments prove too stimulating. I have scarcely ever found it to fail of affording immediate relief in inflammatory rheumatism, quinsy, white swellings, inflamed breasts, etc. Bathe freely.

NO. 54 LINIMENT AND PAIN KILLER.

This is also known as Dr. McKinley's Great Soother of Pain. It is composed of two quarts of alcohol; 3 ounces of No. 6 (or hot drops); one half ounce oil of anise; one ounce oil of hemlock; two ounces oil of cedar; two ounces oil of sassafras; three ounces chloroform; eight ounces of aqua ammonia (or hartshorn), and ten honey-bees. Mix, and let stand for forty-eight hours.

Dose.—For adult, one teaspoonful in water, internally.

This recipe cost four hundred and fifty dollars, and probably cannot be beat for the immediate cure of pains, and of various diseases. It is used both externally and internally, and proves to be a balm for every pain. It is said that the patient should not drink coffee while using this remedy internally. It has generally been sold at one dollar an ounce.

Directions for Use.—Headache cured in one minute by bathing the temples freely.

Toothache: Bathe the gums and temples; cures in one minute.

Sick headache: Take one teaspoonful in water, and bathe the parts freely; relief in five or ten minutes.

Sore throat: Take one teaspoonful in water and bathe the outside; gives relief in five minutes.

Neuralgia: Bathe the parts affected, and cover with a cloth, and you will get relief in five minutes.

Rheumatism: Dose, one teaspoonful three to five times a day, and bathe the parts as often, and rub in freely, which generally relieves in one day.

Coughs and colds : Take a teaspoonful in water three or four times a day, and bathe the throat and chest.

Fever and ague : One teaspoonful three to five times a day ; be sure to take one dose in warm water just as the chill is coming on.

Inflammation of kidneys : One teaspoonful in water two or three times a day, also bathe the back as often.

Piles : One teaspoonful twice a day in water.

There is not a pain or ache, nervous or inflammatory, that this will not relieve in a few minutes, and in most instances entirely cure. It should be kept in every family ready for use, and untold suffering will be saved every year by so doing. Too much can hardly be said for this remedy. It proves (speaking in general terms) a balm for every pain, as it quiets nervous and inflammatory action, and can be used both internally and externally. It becomes very applicable to almost every pain or disease, but especially as a liniment.

NO. 55. FAMILY LINIMENT.

Two quarts good alcohol ; one ounce oil hemlock ; one ounce oil sassafras ; one ounce spirits turpentine ; one ounce tincture of cayenne pepper ; one ounce tincture catechu ; one ounce tincture of gum guaiacum ; one ounce tincture of opium (laudanum) ; four ounces tincture myrrh ; two ounces oil origanum ; one half ounce oil of wintergreen ; two ounces gum camphor ; two ounces chloroform. Mix and shake.

Uses.—It is said that no one medicine can be good for everything, but this comes the nearest to it of any liniment I ever saw. It is one of the best family liniments that can be kept on hand. It is good for man or beast. It cannot be excelled for rheumatism. It removes corns by wetting them three times a day for a few days. It is very useful for cuts, sprains, bruises, jams, weak back, swellings of all kinds, soreness of the muscles from overtaxing them and taking cold, frosted feet, etc. It is equally good for a horse. In all cases it should be freely rubbed in for twenty minutes every time that it is applied. Then you are sure of its full benefit.

LINIMENT FOR EVERY USE.

One ounce oil sassafras; one ounce British oil; one ounce oil spike; two ounces camphor gum well pulverized; two ounces opodeldoc; two ounces spirits turpentine; one pint 90 per cent. alcohol. Mix and shake well before using. Rub the parts affected. This is good for cuts, burns, rheumatism, chilblains, colds, inflammation, bruises, in fact everything for which one uses a liniment.

No. 56. CORN AND WART LINIMENT.

Nitric and muriatic acids, blue vitriol, and salts of tartar, of each one ounce. First pulverize the vitriol, and add to either of the acids in an open earthen dish or bowl; in a few minutes add the salts of tartar; when done foaming, add the other acid, and in a few minutes it will be fit for use.

Uses.—This will remove corns and warts, and cure chilblains or frosted feet.

Directions.—For frosted feet, rub them with a swab or brush wet in this solution, very lightly, to every part that is red and dry. In a day or two, if not cured, apply again as before.

For corns, apply in like manner, scraping off the dead skin before using.

For warts, wet once a week until they disappear.

No. 57. ASTRINGENT LINIMENT.

Alum, two ounces, pulverized fine; laudanum, two ounces; arnica blows, two ounces; ten honey-bees. Steep the arnica, make one quart of the tea and add the above, and shake.

Uses.—This forms one of the best applications for in-growing toe-nails, sore nipples, and painful swellings of every description, bruises, etc.; also to stop the bleeding of a fresh cut or wound, and to allay pain, by wetting a cloth and binding on.

I had a patient come to me from the lumber woods, some thirty miles, for the treatment of his thumb, which had been bruised; he had taken cold in it, and it was exceedingly swelled and painful. He went to three surgeons, who said he had better have it taken off. He called upon me for my opinion in the matter. He said he had not slept for three nights, and had twenty teams working for him, and must return as soon as possible. I told him he could return the next day and go to work with it. He looked up in disgust, as much as to say, "Well, you are a humbug, sure!" I saw his state of mind, and explained, showing him that by taking cold in it the blood had rushed to the parts so hard as to strain the blood-vessels to their greatest extent, which also stretched the nerves that lined the same, and by astringing and shrinking them to their natural size, all pain would stop. This was in the evening; he tried it, and the next morning he called for another bottle to take home with him, saying his thumb was as well as ever, and he should return that day, and was thankful he had found a remedy to save his thumb from amputation. I could repeat a hundred similar cures from this single remedy.

In case the honey-bees cannot be obtained, nor the arnica blows, you will find the alum alone to answer a very good purpose.

LIQUIDS.

Liquids include such medicines as are made from various menstrums, or solvents, such as spirits, wine, water, etc. They are variously compounded preparations.

NO. 58. RHEUMATIC LIQUID.

Sassafras oil, two ounces; hemlock oil, one ounce; red cedar oil, one ounce; oil of turpentine, one ounce; gum camphor, one ounce; capsicum, one ounce. Mix, and add two quarts of alcohol.

This is a valuable compound for rheumatism and every kind of pain. Ague in the face and jaws, neuralgia, spinal irritation, etc. Bathe the parts affected with the hand or flannel; repeat when painful. If too strong dilute with a little water. In severe cases, add a little opium or laudanum.

NO. 59. SPIRITS OF MINT.

Add to one quart of gin all the green bruised spearmint it will cover; let it stand a few days, and strain off and bottle.

Uses.—This is exceedingly useful in the treatment of stranguery and retention of urine arising from stricture in the urethra and diseases of the prostate gland.

Dose.—The dose must be varied as the patient can bear it, from one to four ounces at a time, and repeated every thirty minutes, until relieved.

This remedy is also good for hæmorrhoids (piles), particularly when in a state of inflammation. Wet cotton and bind on. A tea of lobelia is also good for the same.

If the green mint cannot be obtained, the dry will do, but it is not as good.

This is also good to stop vomiting. Take internally, and bind on over the stomach.

MUCILAGES.

Mucilages are a soft bland substance, made by dissolving different kinds of gums, barks, roots, leaves, etc., like gum-arabic, slippery elm, comfrey roots, pith of sassafras, etc., and are useful in diseases of the bowels, urinary organs, inflammation of all kinds, and to allay irritations.

NO. 60. MUCILAGE OF GUM-ARABIC.

Take of gum-arabic four ounces, boiling water eight ounces, stir occasionally until it is dissolved.

Uses.—This is used for everything where a mucilage is necessary. Is useful in heat and scalding of urine.

Dose.—Half wineglassful three or four times a day.

NO. 61. MUCILAGE OF ELM.

Take of slippery elm bark, ground or bruised, one half ounce, boiling water, one quart. Let stand an hour, and strain.

Uses.—It is used in bowel complaints generally, and for inflammation of the stomach and costiveness, and enters into various compounds for inflammation.

NO. 62. MUCILAGE OF SASSAFRAS PITH.

Steep the pith of the split twigs of sassafras slowly, and strain and press out the mucilage. It is very cooling, and excellent for sore eyes, sore nipples, and an irritated surface generally.

NO. 63. MUCILAGE OF COMFREY ROOTS.

Clean and slice the roots of comfrey; add hot water (not boiling); let it stand an hour in a warm place, and strain.

This is useful as an injection in inflammation of the womb, leucorrhœa, and scalding. Repeat three times a day, or oftener.

OILS.

Oils are of various kinds and uses, either singly or combined. Various medicines, like the peppermint plant, are the best when reduced to oil; and when cut in alcohol, one ounce of oil to the pint makes an essence. The oils are generally applied outside for rheumatic and other painful swellings.

NO. 64. OIL OF BUTTER.

This is made by taking any quantity of butter, either fresh or salt, melt it slowly, and do not let it boil; the salt and

buttermilk will settle to the bottom, while the pure oil will rise to the top; pour this off, and carefully separate from the dregs.

Uses.—When flavored with citronella or bergamot, this composes my magnetic ointment, and is one of the best remedies to soften and open the pores of the skin in all hard colds, fevers, etc., I ever saw. I use it in all salves, etc., where lard is called for. It is very healing and softening to the skin, and allows a passage through the skin of all the waste matter that nature designed to escape from the system in that way, which comprises two thirds to three fourths of all the aliment that is taken into the stomach. This becomes important in all diseases. It also makes a good hair oil; and by boiling in the tincture or tea of cayenne pepper, it makes my stimulating ointment, which is so good to warm cold extremities, and get up a counter-irritation over deep-seated pains.

OINTMENTS.

No. 65. MAGNETIC OINTMENT.

As I have before stated, this ointment is really only the oil from butter, or beef marrow, and is made by gently heating them, and separating the oil from the buttermilk and salt, and when perfectly done, it will remain for years without getting rancid. These oils I flavor with citronella or oil of bergamot and can up for use to prevent the flavoring from escaping.

Uses.—I really do not know of a disease where this ointment is not useful, from the fact, which I claim, that all diseases, in their real primary cause, arise from a want of oil in the skin, or an obstruction in the great outlet of the system, where from two thirds to three fourths of all that is taken into the stomach should and does pass in all healthy bodies. If this great outlet is partially stopped, then this poisonous matter is thrown in upon the internal organs, and causes most if not all the diseases which flesh is heir to.

In scarlet fever, measles, small-pox, rashes, and all eruptive diseases, this ointment gives immediate relief.

NO. 66. SALT RHEUM OINTMENT.

Two ounces quicksilver, two ounces aquafortis, one pound oil of butter.

First mix the first two together in an earthen bowl, out of doors; and when the quicksilver is all eaten up by the acid, then warm the oil of butter and mix in an earthen dish, and stir till cold. This gives it a yellow color when fresh, and a leaden color when old, or exposed to the air.

Uses.—For salt rheum, scald-head, itch, and all cutaneous diseases, bathe the parts two or three times a day, after washing with soap-suds.

This remedy does not heal, but it kills the living *animalcula* or animals in the skin that form or cause the disease.

NO. 67. STIMULATING OINTMENT.

Take one pound of the oil of butter and six ounces of the tincture of capsicum (cayenne pepper), and heat very slowly until the tincture is all evaporated. Be very careful not to overheat, or it may take fire. When it is all evaporated it is ready for use. But to avoid the danger of fire, you may steep one ounce of the ground pepper in as little water as possible a few minutes, then strain and add the tea to the butter; then you may boil it without danger until evaporated.

Uses.—For cold feet, first soak the feet in water as hot as you can bear, wipe dry, then bathe freely with the ointment once a day. Good for rheumatism, cancer, tumors, paralysis, etc., by freely bathing the parts affected.

NO. 68. BLACK OR SYPHILITIC OINTMENT.

Four ounces gunpowder, four ounces castile soap scraped fine, one ounce alum finely pulverized, half ounce oil of amber, three pounds oil of butter.

Directions.—First cover the powder with as little water as will dissolve it, then add the scraped soap, and mash together;

sift in the alum, and mix in the oil of amber; then add the oil of butter warm, and mix freely all together.

Uses.—This ointment is designed to cleanse all syphilitic sores on the surface, as no sore of this nature can be expected to heal until it has been thoroughly cleansed, and this cannot be done without more or less smarting. First wash the sores clean with castile soapsuds with a fine sponge, wipe them dry, then bathe them freely with the black ointment; repeat two or three times a day. This will cause some smarting for a few minutes, but not long; and by being thorough with the use of this externally, and the blood-purifier sirup internally, you can rely upon a thorough cure of secondary syphilis in a short time, no matter how bad, or how long you have been troubled with it. The use of five half-pint bottles of the blood-purifier (made from the feri tartrate of iron), never fails in the worst cases, so they will never have another pimple of it appear on them; but they must drink no spirits or beer while taking the sirup.

PLASTERS.

NO. 69. ADHESIVE AND STRENGTHENING PLASTER.

Take of white resin three pounds, beeswax four ounces, Burgundy pitch four ounces, mutton tallow four ounces; melt these together, then add sweet oil half ounce, camphor gum half ounce, good rum four ounces, oil sassafras half ounce. Mix and melt all together; stir freely, then pour all into half a pail of cold water, and work it in the hands till cold, or roll it into rolls. In some seasons it may want a little more resin or a little more oil to make it the right thickness, according to the weather.

Uses.—This is used as a sticking-plaster for general use; also in rheumatism, and for cuts, bruises, ulcers, etc.

This makes a good plaster for strengthening a weak back; hemlock gum, however, makes the best plaster for a weak back that I ever saw.

POULTICES.

No. 70. ELM POULTICE.

This is made by taking half a teacupful of ground slippery elm and water, and stirring it until you have the right consistency for a poultice.

Uses.—It is useful for most everything where a poultice is required.

No. 71. ELM AND LOBELIA POULTICE.

First steep the lobelia to a strong tea in moderately hot water (never let the lobelia boil, as it kills the strength); then stir in the elm until the poultice is the right thickness.

Uses.—This makes a very relaxing poultice, and is good for all states of high inflammation. It is also excellent in inflamed testicles or scrotum.

No. 72. ELM, LOBELIA, AND CHARCOAL POULTICE.

First make a poultice of the elm and lobelia as in the preceding formula; then add finely pulverized charcoal.

Uses.—This makes an excellent poultice for erysipelas, or where there is a tendency to putrefaction. Mixing the elm with hop yeast, in place of water, makes it still better for putrescence, gangrene, etc.

No. 73. BLOOD OR FRESH-MEAT POULTICE.

In severe cases of black erysipelas, or putrid erysipelas, or gangrene sores, or ulcers of the uterus, and impure or ulcerated wounds, bind on a poultice of blood, or cloths saturated with blood, or tender veal, or meat well pounded. It draws out all impurity and inflammation in a short time, and causes a decided improvement.

In cases of cancer of the womb, or bad ulceration, inject the blood, and plug it in for an hour or two; then withdraw the plug, and rinse out the parts; clean, and inject again, and continue till cured. This has saved many lives given up by physicians. When it is hard to get the blood, or where you want to keep it from clotting, take a pail to the slaughterhouse, and catch the fresh blood, and with a paddle stir the blood lively until it gets cold, and it will keep it from clotting, and keep it good for the above purpose, until it becomes tainted. The living *animalcula* which cause the cancer or ulcer are attracted to the blood, and leave the parts to get well, as all ulcers are caused by *animalcula*.

NO. 74. CARROT OR POTATO POULTICE.

This is made by scraping or grating a raw potato or carrot and binding on in the form of a poultice.

Uses.—It is a very cooling and soothing poultice, good in all states of high inflammation, and is easy to obtain when anything else which might be better is not at hand.

NO. 75. MUSTARD POULTICE.

This is made by mixing up Indian meal or flour to the proper thickness of a poultice, and spreading it; then sift on ground mustard over the surface to fairly cover it, then apply.

Uses.—It makes an excellent counter-irritant in all deep-seated pains, by drawing the disease to the surface, and giving great relief in pleurisy, or sharp stitching pains in the side, inflamed lungs and liver, and on all parts of the system. If left on too long, it will draw a blister. In most cases it should be removed just before it begins to blister, and after a little while applied again, as the case requires.

NO. 76. SOAP AND SUGAR POULTICE.

Take bar soap and brown sugar equal parts; mash them fine, add a little water, and grind them together to form a poultice; soft soap can be used.

Uses.—This is generally used to discore a forming ulcer, or bring it to a head, as it is called. It is very useful in felons, boils, carbuncles, etc., to draw out the core, or to cause a discharge in tumors not yet open. It is painful, but will soon do its work. After it is fairly open, then use a milder poultice or salve to heal it up.

NO. 77. CATNIP POULTICE.

Take a sufficient quantity of ground slippery elm, Indian meal, or flour, and wet it up with a strong tea of catnip. Bruising the green or dry herb and mixing it in makes a very soothing poultice for a painful swelling, felon, or boil.

PILLS.

I must say that I am disgusted with this form of administering medicine, and presume all my readers are; therefore I shall give but few formulas for this method of preparing medicine, as the world has been pilled to death. I give the formulas from which I manufacture, and let each family reduce as they like, by keeping the proportion of each article.

NO. 78. FEMALE PILLS OR POWDERS.

Four ounces carbonate of iron, four ounces Socotrine aloes, four ounces white gum turpentine, four ounces pulverized myrrh, eight ounces gum guiacum, one ounce caulophyllum. Pulverize all the articles and sift through a fine sieve, then thoroughly mix, by rolling them on a large paper; lift up the edge of the paper and tumble back and forth for some time, and bottle tight for use in form of powders.

For pills, mix them up with molasses and the mucilage of gum-arabic as thick as possible, and roll them out as you would a pie-crust; cut them in very narrow strips, and roll them round, and cut them up in chunks to make the usual size three-grain pill, and roll them between your hands, and

spread them to dry. When thoroughly dry, if you wish to sugar-coat them, get two wooden bowls of sufficient size; in one put a teaspoonful of gum-arabic mucilage, spreading it over the bottom, then in the other bowl put a double handful of starch, sugar, and flour mixed; now scoop up a double handful of pills and put in the first bowl, and shake them around until they are all wet; then quickly empty them in the second bowl and shake them up, and if they stick together, separate them and shake again until they absorb all the starch they will; then empty them on a sieve over a pan, and sift them out of the flour, and spread to dry. This can be repeated if necessary the second time, letting them thoroughly dry each time; then by rolling them in a box they can be polished.

Dose.—Two to four pills three or four times a day, or all the bowels will bear. The powder can be taken about a half of a level teaspoonful, in cream, the same as the pills.

Uses.—This is the best powder or pill to remove obstructions peculiar to females, I ever saw, without injuring the system. But care should be taken in the first three months of pregnancy, not to crowd their use too far, or they might produce an abortion.

In a case of chronic liver complaint in females, the menses are apt to become thick and sluggish, and more or less painful, and in many cases stop entirely. This pill or powder rouses action in the liver, which largely controls the regularity of these periods, and removes these obstructions more surely than any other medicine I ever saw; they bring about a regular and healthy discharge, and should be taken as the system demands.

NO. 79. TONIC AND NERVINE PILLS.

Take any amount of popple bark to suit the occasion, from young trees. Strip the bark, then with a hammer or hatchet, or a firm block, thoroughly bruise the bark while green, and chop it short, and boil in a kettle for several hours; then strain off and boil down to a thick extract. To keep it from scorching, put the extract in a tin pail or small kettle; set it in a larger

one, and boil it down as thick as you can; then put it in bake-tins and give it a gentle heat in an oven, until it is hard enough to roll into pills; when thoroughly dry, sugar-coat.

This makes a good tonic, and is a good nervine for weakly females, and for leucorrhœa, or whites, or any case where a tonic and nervine is required to build up and strengthen the system.

By dissolving one ounce of this extract in a pint of water, adding eight ounces white sugar, scalding up to dissolve the sugar, and when cool adding an ounce of essence of anise, a good tonic and nervine sirup is made. Dose of the sirup, one tablespoonful three times a day; of the pill, one or two pills three times a day.

NO. 80. LIVER PILLS.

Take any quantity of boneset herb, called by some heal-all, thoroughwort, etc. Boil it one hour; pour off and press the herbs; strain back into the kettle, and boil down to an extract as directed in No. 79, and form into pills.

Dose.—Three to four pills twice a day, or what the system will bear.

Uses.—This makes an excellent pill for obstructed menses, and to tone up the liver in all cases of chronic liver complaint; it assists the appetite, and strengthens the system in all cases of debility from torpid liver and biliousness.

THE SAME.

Take equal parts of solid extract of boneset, mandrake, dandelion, leptandrin, and capsicum; make into three-grain pills.

Dose.—One to two pills three times a day, or all the bowels will bear and not overact.

NO. 81. ASAFŒTIDA PILLS.

This is the hardened juice of the root of a Persian plant. It is stimulant, antispasmodic, and expectorant, and is much

used in nervous complaints, and to turn worms in children when they rise in the throat to choke them. Good in hysteria and fits.

A dose of the gum is from five to ten grains; and of the tincture, made by macerating two ounces in a pint of alcohol, diluted, from thirty to sixty drops.

For occasional use, it is cheaper to go to the drug stores and buy them ready made, and sugar-coated.

POWDERS.

NO. 82. CATHARTIC POWDER.

Eight ounces pulverized Alexandria senna, four ounces pulverized jalap, one ounce pulverized cloves; mix, and sift through an Indian-meal sieve.

Dose.—One rounding teaspoonful, for an adult, in two thirds teacupful boiling water, sweetened.

This is the king of all cathartics for universal use, the *multum in parvo*. It is good wherever a cathartic is required. It is a hydrogen physic, producing very watery stools; operates in three to four hours; is excellent in dropsy, chronic liver complaint, and costiveness, and all bilious diseases. My patients give it many names, among which are shrub broom, lightning on a limb, laughing physic, tea physic, etc.

NO. 83. FEVER AND COUGH POWDER.

Take four ounces supercarbonate of soda; two ounces gum camphor; one ounce pulverized ipecac; one ounce pulverized blood-root.

To pulverize the camphor, put it in a mortar, add about one teaspoonful of alcohol and pulverize and sift all you can; Add more alcohol from time to time until all is pulverized. Sift all the powders through the sieve, and thoroughly mix all together, and bottle air-tight for use.

NO. 84. ANODYNE POWDER.

When you wish an anodyne powder, add to the above one fifth part of pulverized opium, and thoroughly mix. (It is very seldom that I use the anodyne, and then only in very severe pains, when I am obliged to.) This makes one of the most valuable powders in use.

Dose.—Three to five grains every one to four hours.

Uses.—This is a most valuable remedy in all kinds of fevers, hard colds and coughs, and for general sweatings. It is very soothing, even without the opium, and tends greatly to produce quiet rest. Families who have used it will not be without it in their houses, for colds, etc. It saves much sickness by giving it in time. It makes a most excellent cough powder. Dose, as above, or enough to relax and loosen the cough, which it will surely do if freely given.

NO. 85. AGUE POWDER.

Mix four ounces of pulverized golden seal with one ounce of capsicum (cayenne pepper).

Dose.—Six to ten grains for an adult, in cream, every two hours, when the fever is off.

This powder does not break the ague quite as quickly as quinine, but the patient will be able to resume work much sooner than where quinine is used. It causes no pain in the bones or head, nor ringing in the ears, and you will feel natural all the time, which is more than can be said where quinine is used; besides, the quinine is generally adulterated with calomel to make it weigh heavy, and to eventually produce other diseases which will make good business for the doctors who have attached after their names "M. D.," which stands for "Medical Dunce." Hence let every one learn to be his own doctor, and ask no odds of the M. D.'s, who ignore everything natural in medicine or in the treatment of disease.

The heart of iron-wood, cut into fine chips, and boiled down and formed into a sirup, or bitters, makes an excellent remedy for ague.

Acid, in almost any form, is good, Sharp vinegar, a few spoonfuls a day, is useful. Muriatic acid, one half ounce in four ounces water or brandy, taken a teaspoonful nine, six, and three hours before the chill, and seven, fourteen, and twenty-one days after it is broken, is very good.

NO. 86. PILE POWDER.

The following is a very good powder for piles in any form; it never has failed in my practice:

Take of the ashes of tobacco, one ounce; morphine, ten grains; horse-chestnuts (buckeyes,) eight ounces; nut-gall, pulverized, four ounces; white or red lead, four ounces; burnt alum, pulverized, one ounce; all finely pulverized and sifted, and thoroughly mixed; then add a little to the parts, with the finger or a cotton pounce, two or three times a day, especially after the bowels move each day. It very soon removes the soreness and inflammation, and all pain is gone. The bowels should be kept loose, with my liver sirup; for a bad liver is the cause of the complaint. Generally costiveness precedes this complaint. In applying this powder, pains should be taken to insert it up as high as you possibly can.

ANOTHER PILE POWDER.

Alum, finely pulverized (not burnt), one half ounce; morphine, ten grains.

This answers in most cases, but is not so good as the first powder.

NO. 87. WOODRUFF'S POWDER FOR SEMINAL EMISSIONS.

Common alum, finely pulverized, sixteen ounces; golden seal, or pine charcoal, one half ounce. (The latter ingredient is only a disguise for the former.) Pulverize both articles,

mix thoroughly, and to one pint of water mix one ounce of the above powder; shake up until it is dissolved, which it will do in five minutes; then fold an old cotton cloth (a sheet or shirt that is partly worn is best) about two inches square and sixteen or more thicknesses; wet with this wash all it will hold and not drip; lay this on the front side of the testicles; and hold it there with a T bandage; wet three or four times a day, from two weeks to three months, according to the advancement of the disease, until cured. It is a sure cure.

The bandage should be made of factory cloth, in the form of the letter T; the part that goes around the waist, two inches wide and a yard or more long, and the part that pulls forward between the legs, three fourths of a yard long and nine inches wide, to draw up tight and pin to the narrow one. You will understand that one end of the wide one is to be sewed on to the middle of the narrow one; this makes the T. In this form it holds the folded cloth to its place, and sits easily. You can do any kind of work with this on. The folded cloth should be kept moist all the time, and worn night and day until cured.

This is a spirit prescription given me by my guardians, and I have cured about one thousand cases, and have never failed where they have followed the directions. Its use shrinks up the little duct that carries the semen from the testicle to the penis, which in this disease becomes so relaxed by masturbation or over-venery that it cannot hold back the semen, and it affords little or no pleasure when it does pass off; hence the patient dreams lascivious dreams in his sleep, and an emission is produced, which weakens him down into nervous prostration, and produces consumption, fits, or insanity. Thus an astringent applied to the right place will cure the spot, which can be covered with the end of the finger.

Internal medicine never did nor ever will cure a real case of this kind, from the fact that medicine given by the stomach enters into the blood, and so little blood enters that little duct that it never can strengthen it up and give it power to resist the great force that is brought to bear upon it at that time.

I sold this recipe alone to Dr. R. P. Fellows of Vineland, New Jersey, for fifty dollars. I see he is advertising it as a remedy of his own get-up, and is probably making money out of it.

NO. 88. CATARRH POWDER OR SNUFF.

I will give the formula as I use it, and each can divide as he likes, keeping the proportions. I also give the cost: Four pounds ground sugar, at fifteen cents, sixty cents; four pounds ground borax, at thirty cents, one dollar and twenty cents; four pounds supercarbonate soda, at ten cents, forty cents; one pound salt, two cents; one pound pulverized blood-root, twenty-five cents; one ounce oil peppermint, fifty cents. Total, two dollars and ninety-seven cents. Mix and sift, and cork tight.

This powder costs only twenty-one cents a pound, or about two cents an ounce, after it is made. It is the best and cheapest snuff of the kind in market. It causes no sneezing, and should be used freely five or six times a day.

Uses.—It opens the nasal passages, causes a free discharge, and cures catarrh, colds in the head, etc., more quickly than any other snuff that I know of. I think it cannot be beat in quality or price. I sell this recipe for twenty-five dollars to people at a distance.

NO. 89. CANCER POWDER.

This remedy is for cancer which is either open or in a state of tumor. If tumorous, first scarify the skin with the point of a lancet (if it is an unbroken tumor) in several places near the upper center; then cut a hole in a piece of cloth the size and shape of the tumor; spread this cloth with the yelk of egg, and lay over or around the cancer. Mix a powder with equal parts of arsenic and pulverized charcoal, and sprinkle in the scarified places, and lay on a cloth. Repeat the dressing once a day, and apply the powder each time. Symptoms—*inflammation, discharge, and protrusion of the cancer.*

The place begins to heal underneath, and the cancer will drop out whole, when you may heal the place with the bittersweet and white elder salve, discontinuing the other plasters and powders.

This treatment has cured cancers in the cases of Mr. H. I. Taylor of Grand Rapids, and Mrs. Howell of Newago, Michigan, and her brother in Ohio. Mrs. Taylor had a tumor on the face the size of an egg, not yet broken, and it took six weeks to cure her perfectly. It had spread over her face in smaller affected spots; this treatment drew them all to the large tumor, and cured her. If open, sprinkle the powder on the upper edge of the cancer once a day until it drops out; then heal with salve.

I bought this cure of Miss Emma Taylor, the nurse who took charge of her and several others with cancer; and this treatment cured them all. I consider this the most safe and effectual treatment that I know of.

NO. 90. ANOTHER CANCER POWDER.

Tartar-emetic fifty grains, crocus martis one grain. The latter is merely for a disguise. If in a case of tumor, scarify the place where you want an opening first to occur; then apply what powder you can, not more than the size of half or a whole wheat kernel; for the more powder the more pain. This is in case of tumor. Inoculate in one or more places, as there may be prominent points or sections. Put a plaster over the incisions where you have cut to put the powder in, viz., not more than a fourth of an inch long, just so as to draw a drop of blood. This plaster should remain over the powder from two to three days; then take off the plaster, and remove the scab—enough to make an opening for as much powder as the patient can bear, for it is painful; then cover with plaster as before; repeat the operation every one to three days. If you want a larger hole for the powder, put on healing salve, and it will draw, and the dead parts will slough off; then add the powder in places where most needed. It is better to begin on the upper side of the cancer, as it will

naturally tend downwards. The time of cure for a tumor the size of an egg is from three to four weeks.

For spider cancers on the face, two to three operations as above will be sufficient.

For open cancers, sprinkle the powder in the cancer, and cover with plaster. If there is much discharge, then sprinkle on the upper side the most, to keep the powder from dissolving, and washing out and being carried away. The powder causes a little smarting or burning, according to the amount used; but any child can bear it in moderate doses. Do not use too healing a plaster while using the powder, so as to obstruct the killing effect of the powder by discharge.

Philosophy of Cure.—It is well known that all diseases, especially cancers and sores, are caused by a living animal, or animalcule, in the blood. They breed in the system, according to conditions of the system; and in the case of cancers, they eat the glands for a living, and as nature sends in more material to form new glands, the young tender glands they like best, and where this is going on they congregate for a feast, thus forming a tumor, and when the tumor is discharging, the most of the material that nature is furnishing to build them up is carried off by the discharge, hence, after a cancer breaks open, it then makes rapid work.

Now in the case of the cancer powder No. 89, these little fellows get poisoned to death; and in case of No. 90, they get puked to death and slough off. In this last case the doctor must examine closely to see when they are all gone, and wash out the places clean, and apply the powder only when there appears to be cancer left, before he attempts to heal it up. I like the first best, as the cancer comes out whole, and leaves the parts clean, ready to be healed up, without danger of the second gathering.

For wens, use the powder as in cancers and tumors; and when the opening is large enough, squeeze the sac empty, or take the handle of a spoon and scrape it out, then add more powder to slough it out clean; then heal up with salve. The contents of a wen is a fatty substance, and has but few if any nerves; the skin which covers them is all that is sensitive.

For moles, add the powder as before described until it is sloughed off; then heal up with salve, always taking care to apply the powder to the upper side to prevent running off.

O. G. Smith, M. D., of Tekonsha, Calhoun Co., Mich., has cured a great many cancers in that vicinity with the above remedy, of whom I obtained the formula.

NO. 91. ANOTHER CANCER REMEDY.

It is said that a plaster made of slaked lime and fresh pine tar, is a sure cure. It kills the cancer and causes it to come out whole, roots and all. I should think the lime might be painful: still I think it will do it, and can be tried without danger.

NO. 92. ANOTHER GOOD CANCER REMEDY.

Take three parts each of red and green osier bark, and one part white hellebore; boil down and make a solid extract, and use as a plaster in open cancers. It cured the daughter of Mrs. R. H. Knappin, of Sand Lake, Kent Co., Mich., a few years ago, of open cancer on the breast and neck, in a few weeks. I would advise that the patient take a strong sirup made of bittersweet, white elder, and green and red osier barks, while using this remedy.

NO. 93. FEMALE OR EMMENAGOGUE POWDER.

The following is a good powder, and may be divided as suits the purpose of the patient, keeping the proportions: four ounces carbonate of iron; four ounces Socotrine aloes; four ounces white gum turpentine, pulverized; four ounces gum myrrh, pulverized; eight ounces gum guaiacum, pulverized; one ounce caulophyllum. Pulverize all very fine, thoroughly mix, and sift through a fine sieve.

Dose.—Five to ten grains in cream or molasses, three to four times a day, or take all the bowels will bear without too much relaxing.

Uses.—This compound, if freely taken, is sure to remove the obstructions of the monthly periods in females, whether from taking cold, or from a sluggish state of the liver; they have never failed me. Care should be taken to distinguish between a state of pregnancy and a cold, as fatal consequences might occur to the forming fetus.

NO. 94. FEMALE POWDER.

Take equal parts of caulophyllum and macrotin (the resinoids of black and blue cohosh); thoroughly mix.

Dose.—One to one and a half grains, three times a day.

Uses.—This is good to produce the menses. It is a good uterine tonic, and for falling of the womb and all weakness peculiar to females.

NO. 95. EMETIC POWDER.

Mix two parts of ipecac and one part of blood-root, finely pulverized. Of this take a heaping tablespoonful, put in a cup, add six tablespoonfuls of boiling water, and stir up; prepare a pint of lukewarm water (neither hot nor cold). Give an adult a tablespoonful of the emetic, and let it be rinsed down with all the warm water that can be swallowed. Time the dose; now wait eight minutes, and if the patient does not vomit, give another, and the lukewarm water the same as before, and continue until he has had three to five spells of vomiting, according to strength; after he vomits, as soon as he can get his breath a little, give another dose, ever remembering to keep him stuffed full of warm water. When he has vomited enough, give the warm water once again and let him rest, and sweat if possible.

This is the quickest emetic I ever saw, and does not weaken or strain the patient, and before giving, I always get the dish ready for him to vomit in. Sometimes the patient says, or commences to say, "I am not sick yet, and shall not vomit this half-hour;" but before it is half spoken, a stream of water

is pouring from the throat, a rod long, if not stopped by the dish. I have many times been completely covered and besmeared in handing the patient a dish and waiting for him to turn over in bed, after telling him that he would not have time to turn over.

Uses.—It is especially useful, where poison has been accidentally swallowed, on account of its quickness. It is good in all states of typhoid and other fevers, in bilious states of the stomach, and wherever an emetic is indicated. It can be given if the patient is ever so low, as it does not weaken or strain; if you only keep the stomach full of warm water, it is perfectly easy to vomit. It is only when the stomach is empty that it strains the patient.

NO. 96. ANOTHER EMETIC.

In case of accidental poisoning, and the emetic powder is not at hand, give a tablespoonful of ground mustard, or two tablespoonfuls of salt, with all the lukewarm water that can be swallowed, to be repeated every five or eight minutes until the stomach is perfectly clean.

NO. 97. FEVER-SORE POWDER.

For fever-sores, I dissolve a heaping tablespoonful of crocus martis in one pint of soft water; then dip folded cloths of several thicknesses in the basin, saturate them, and wring them out so they will not drip too much; lay them over the sore and surrounding parts; then begin with a bandage and wind up to the top and fasten, draw it tight as you can. Change the cloths twice a day, and wash them out, and dry them before using them again. Continue this course until cured, and until all the purple discoloration is gone from the surrounding parts. If that is left there is danger of its breaking out again at some time. It is caused by the living *animalcula*, or living animals, congregated around the parts, and a slight bruise on such colored places will soon start another sore.

This powder costs from eight to twenty-five cents a pound; it is as heavy as white lead, but a pound to a pound and a half will cure the worst sore in two to six weeks. I have cured fifty to a hundred of them without a failure, some of five to ten years' standing. I see in Chace's Recipe Book, page 162, where a man had suffered with fever-sore for twenty years, and was about to have it cut off, and an old man advised scraped turnip, which was applied every four hours night and day, which cured him. (This must have made those college gents feel proud of their diplomas.) The simple philosophy of the cure was, that the *animalcula* or little worms, that formed the sore, liked the turnip best, and left the sore for the turnip; natural philosophy versus allopathy. O, consistency thou art a jewel!

NECROSIS OR ROTTEN-BONE POWDER.

Rotten-bone, or necrosis, is cured by the same process as fever-sores, and by the same remedy, viz., crocus martis, applied in the same way. This disease, like all others, is caused by a living animal in the blood, and different kinds produce different diseases, and require different remedies to exterminate them. The crocus martis is supposed to possess a food for them, which calls them out to feast upon it, and while out the cloth is removed, washed, and dried, and the animalcules destroyed. This I claim to be the rationale of the cure.

NO. 98. TOOTHACHE POWDER.

Mix equal parts of finely pulverized alum and salt.

Directions.—Wet a sufficient amount of cotton batting, and dip it in the powder; then apply in the hollow of the tooth; or dissolve the powder strong, to wet the cotton with. The oil of cloves is good for the same purpose, and to bathe the gums with.

NO. 99. TAPEWORM POWDER.

Take fresh, dry pumpkin seeds, peel them or put them in a mortar and pound them with the skins on, until you sift out all the meats, and get about a teacupful. An adult patient should go without his supper. About eight or nine o'clock the next morning, the worm powder should be steeped in a pint or more of water one hour, or until you make a thin gruel; sweeten, and let the patient drink the whole if he wishes. It makes a pleasant breakfast gruel. Nothing else should be eaten. The object is to have the worm hungry; then wait two hours for the worm to fill itself with the gruel, which it will be sure to do; then prepare a physic of two parts of pulverized senna, and one of jalap (No. 82); when it is cool enough to drink, stir it up, and before it settles drink the whole. A large dose should be taken, and it will operate in two and a half to three hours, and the worm will come away whole, and alive. I have taken away thirty or forty by this means, and have never failed where one existed. For children, the dose should be in proportion to age. Still I have never known a person under twenty years of age to have one.

The long round worm is common, for which I give cowhage and molasses. (See Worms.)

I always buy a package of fresh pumpkin seeds every season, so as to be sure and have them ready.

You will see that my processes in getting rid of worms are not medical but mechanical. It is a hard matter to poison the worms without poisoning the patient. But this process fools the worms at their own game, for after filling themselves with all they can stuff of the gruel, they feel suddenly lazy, and don't care whether school keeps or not. Hence they go tumbling down with the physic, perfectly indifferent, and before they know it they are thrown out, generally at the second discharge of the bowels.

NO. 100. WOODRUFF'S VAN POWDER.

Van is a nickname I always give to medicines designed for gonorrhœa. It is composed as follows: equal parts of pulverized gum-arabic and saltpeter.

Dose.—Half of a level teaspoonful in half a tumbler of water three times a day.

Uses.—This is a simple compound, but is very useful in gonorrhœa, and in leuchorrhœa, or whites. It is a good diuretic, producing a free flow of urine, and excellent in dropsy, and all inflamed states of the kidneys, bladder, or urethra. It acts like grease on a dry wagon-axle, giving immediate relief.

NO. 101. CROUP POWDER.

Pulverize two parts sugar with one of alum.

Dose.—For a child three years old, three teaspoonfuls of the compound, in milk or molasses, as soon as possible. Repeat in fifteen minutes, if not relieved. Soak the feet, and give something to sicken and get up a sweat, but if bad give the patient pure air, but keep him well wrapped at the time.

NO. 102. POWDER FOR INFLAMMATORY RHEUMATISM.

Sulphur and saltpeter, of each one ounce; gum guaiacum half ounce; colchicum root or seed, and nutmegs, of each quarter ounce—all to be mixed with simple sirup or molasses two ounces.

Dose.—One teaspoonful every two hours until it moves the bowels freely; then three or four times a day until cured.

This is a cheap medicine, and as sure a one as I know of, as can be demonstrated in two or three days. It has cured several cases in three days, where they had been under several doctors' care for months without help. Still, what will cure one patient will not always cure another; and you will find other remedies in this work under the head of Tinctures and Bitters.

NO. 103. THOMPSON'S COMPOSITION POWDER

Bayberry bark two pounds, hemlock bark one pound, ginger one pound, cayenne pepper two ounces, cloves two ounces—all finely pulverized and well mixed; or any proportion of the above.

Dose.—One half a teaspoonful of it and a spoonful of sugar in two thirds of a teacup of warm water; when partly cool, fill up with milk; drink the whole as hot as possible.

Uses.—This powder is good for general sweating, colds, coughs, and almost everything. It is warming, stimulating, useful to produce labor pains, and to quiet almost every other kind of pains. You can hardly take it amiss for anything, for it is a pure stimulant. For a stomach weak from over-eating, it should be taken just before eating.

NO. 104. THE SAME.

The above is good for drunkenness. Those who wish to stop the habit can take half a cupful on rising, also just before breakfast, and at any time they crave a drink of their accustomed liquor. They will find a warm, healthy glow spreading from their stomach over the whole system, very similar to but much more healthy than that produced by their accustomed rot-gut. Follow this up as often as you desire liquor, for two or three days after a spree, or for weeks if necessary, and you will find it the best back-log you ever got at a saloon; but you should keep away from places where liquor is sold, and avoid the extra temptation of old friends who offer to take a glass with you. It is said that a burned child dreads the fire; and I would to God that a burned man was equally wise.

NO. 105. HEALING SALVE.

Mix and boil one pound each of mutton tallow, resin, and beeswax; then add one pound each of fluid extract of white elder, bittersweet, and sweet-balsam; boil until the extracts

are evaporated; strain, and can up for use. Or you may pour a quart of water in a pan, and when partly cool, pour the salve into that; when cold, take out, and scrape the black from the bottom.

Uses.—This makes the best healing salve I ever saw for burns, cuts, bruises, old sores, or anything else. It is simply all you can ask for, for anything. Try it.

Vary the resin or tallow to suit the weather. For burns the salve needs to be soft. Ah! how quickly sleep comes to a burned child

I have sometimes used sweet-elder bark and fresh butter for bad burns, when called into the country, with excellent effect. I cured one woman whose clothes were all burned off from her; three fourths of her whole person were badly burned, and with the use of this ointment, not a scar was left. I made it at the house after I got there. They all said she must die; but in six weeks she was as well as ever.

NO. 106. PILE SALVE.

The following you may divide in any proportion you like: One pint British oil, four ounces oil of fire weed, one ounce oil of spearmint, four ounces pulverized nutgall, eight ounces red lead, eight ounces white lead, four ounces white precipitate, one ounce solid extract stramonium, eight ounces bole Armeniac, half ounce beeswax.

First melt the wax and the extracts; then, while warm, add the oils; then stir in the powders; and stir the mass till cold with a potato-masher, thoroughly. This is just right for cold weather; in warm weather, add a little more wax.

Uses.—This salve applied twice a day with the finger will cure all kinds of piles. It is also good for old sores and ulcers. The above makes four pounds by weight. It is the surest remedy I ever saw.

NO. 107. BLACK SYPHILITIC SALVE.

Quarter pound gunpowder, quarter pound castile soap, one ounce alum, half ounce oil amber, three pounds oil of butter or lard.

Directions.—First cover the powder with as little water as will dissolve it; stir till fine; scrape the soap fine, and sift that and the alum; then mix the oil of amber and the oil of butter or lard all together.

Uses.—It is somewhat painful for a few minutes, but kills and cleanses a syphilitic sore splendidly in places where it is not safe or convenient to use caustic. It will cleanse all secondary sores of a scattered or inflammatory nature, ulcers, warts, etc., after which use a healing salve. For weak back in male or female, add to the above pulverized resin to form a plaster. It is good for female weakness.

EYE SALVE.

White precipitate one ounce, white lead four drams, red lead four drams, simple cerate or oil of butter twenty-four ounces. Mix fine, and apply to the outside of the lids three times a day, and rub outwards from the nose; at the same time using my wash of boiled eggs internally. This treatment cures all sore, weak, or inflamed eyes, and in granulated lids never fails.

NO. 108. GREEN MOUNTAIN SALVE.

Resin five pounds, Burgundy pitch, beeswax, and mutton tallow, of each quarter pound, and one ounce each of oil of hemlock, balsam fir, oil origanum, oil red cedar, and Venice turpentine, and oil of wormwood half ounce, and verdigris, fine, one ounce.

Directions.—Melt the first articles together, and add the oils, having rubbed the verdigris with a little of the oils, and

put it in with the other oils, stirring well. When all are melted, pour them into half a pail of cold water, and work it as you would wax until it is cold enough to roll out.

Uses.—This salve has no equal for all pains or weakness, like rheumatism, pain in the side, back, and shoulders. Where the skin is broken, as in ulcers and open sores, I leave out the verdigris, making a white salve, which answers all purposes just as well. A plaster of this salve worn over the stomach is valuable in dyspepsia. Spread it on a cloth and wear on the parts until cured. It is a good remedy for family use.

SIRUPS.

NO. 109. WOODRUFF'S LIVER SIRUP.

Four pounds mandrake root ; four pounds dandelion root and tops (if tops are green), four pounds boneset herb. I put them in a boiler, press them down, and cover with water an inch over the herbs, heat them until they begin to boil a little, or until they smell strong. Do this at night ; then let the fire go down, and let them stand on the stove all night, and they will be quite warm in the morning. I then put them in my cider-mill press, and extract all the juice that can be got. I then strain it back into the boiler, and add thirty-two pounds of white A sugar ; then scald up to a boil and skim, and set away to cool in large dish pans. This should make eight gallons. When cool I flavor with about six or eight ounces of essence of anise ; this removes the bitter taste, and makes it palatable, then add one half gallon of alcohol, and bottle, or put away in jugs.

This sirup will keep through the hottest weather, although it always tastes the best when freshly made. After standing two or three months it has an unpleasant flavor.

I sometimes use wintergreen for a part of it, that patients may change the flavor according to taste ; for some severe cases need four or five bottles, and sometimes get tired of the flavor of anise.

Dose.—One tablespoonful three times a day.

Uses.—This is the king of all medicines for chronic liver complaint; give it as fast as the bowels will bear it and not overact, let the dose be what it may; the dose must be varied to suit the patient. In Michigan, a very large share of all diseases is based on a torpid state of the liver and a bilious state of the system, affecting the lungs and kidneys, and producing almost every ill which flesh is heir to. Hence, doctors are apt to mistake the cause, and doctor for the wrong disease, while the real cause is in the liver after all. In a word, it cannot be given amiss in nineteen times out of twenty, in those parts of the country where biliousness prevails. Many cases called consumption, where a cough had prevailed for years, I have cured with this sirup. A thousand and one diseases and affections, like catarrh, pain in the side, costiveness, diarrhœa, pain in the bones, indigestion or dyspepsia, nervousness, parâlysis, rheumatism, ague, canker, rush of blood to the head, suppressed menses, kidney affections, neuralgia, etc., have been doctored for years by various doctors without one thought of the liver being the real seat of the whole prostration. I have sold at retail eight or ten thousand pint bottles of this sirup in the city of Grand Rapids, Mich., within sixteen years at one dollar and fifty cents a pint, and have never heard a complaint where it was taken according to directions; praise of it has been universal.

NO. 110. WOODRUFF'S COUGH SIRUP.

Two pounds cowslip root; two pounds elecampane root; two pounds spikenard root; two pounds blood-root; two pounds hoarhound; two pounds skunk cabbage, and one pound comfrey roots.

Pack these ingredients in a boiler and cover the roots one inch with water; let them come to a boil at night and let them stand one night on the stove. They will be soft and warm in the morning, when they should be heated nearly to a boil, and kept so for one hour; drain off the liquid, and

press them hard to get out all the juice, and strain back into the boiler. This should make four gallons. To this add four gallons of West India molasses. It is the cheapest, blackest, sourest molasses in the market, costs from fifty to seventy-five cents a gallon, and has different medical qualities from all other molasses, because made from a different quality of sugar-cane. Do not use sirups of any kind, for they possess no qualities for a cough. Now gently heat up to a boil, and skim as long as scum will rise, and then boil down to about a gallon; set off and cool; when cool, add one gallon of pure West India or St. Croix rum (which is made from the above molasses), and one quart of tincture of lobelia, and about eight ounces tincture of anise, to give it a pleasant flavor. The first cost of this sirup is about a dollar or a dollar and a quarter a gallon.

Dose.—One tablespoonful six to eight times a day, or all the stomach will bear and not sicken too much, be the same more or less. Give to children in proportion to age.

Uses.—This is the best cough sirup I ever saw without exception. For consumption and all affections of the throat, chest, and lungs, for hard colds, hoarseness, cough, inflamed lungs, loss of voice, etc., it has no equal. It removes all soreness from the chest or lungs, loosens up a harsh, tearing cough, and universally gives relief sooner than any other remedy I know. It should be given as fast as the stomach will bear it.

NO. III. CANKER SIRUP.

Two ounces sage; three ounces spotted-alder bark; three ounces red raspberry leaves; two ounces alum; three ounces blood-root; three ounces canker lettuce; three ounces sumac bobs; four ounces gold-thread; two ounces borax; three ounces essence sassafras; one ounce golden seal; three ounces beech drops; four pounds honey.

Take out the alum, borax, sassafras, and honey, and steep the rest of them some time, say one or two hours (not boil), in just as little water as you can, covered with a plate; then

press out and strain; then add a little water again if necessary, so as not to make more than three pints when strained; then put back into the kettle and add in the honey, pulverized alum, borax, and essence of sassafras, and stir them altogether while a little warm.

If you cannot get all the articles, a part can be left out, and yet be good; they all possess canker remedies. I always keep a full supply, and can therefore put them all in.

Dose.—One teaspoonful, according to circumstances, for a child three to six years old, four to six times a day; but if bad, I should give it large doses every hour until relieved. An adult may take a tablespoonful the same as above.

Uses.—This, when made right, cannot be excelled for cankers of any kind or in any place.

Canker is generally carried back and forth, as from the mouth to the stomach, and sometimes in diarrhœa through the whole length of the bowels. When it is in the mouth, give the sirup in small dose, and often, gargling every time and swallowing. If in the stomach, take larger doses and not so often. An adult may take two to three ounces in twenty-four hours; a child, three to five years old, may take one ounce in the course of twenty-four hours. If there is diarrhœa with canker, which is almost always the case, then give it very freely, with plenty of common soda. I always cure such cases in forty-eight hours. In short, it can be given freely in all cases where it does not astringe the bowels too much. A gentle cathartic may be given to counteract astringency. With this remedy, given freely, you need not fear the worst cases of canker, or diarrhœa in children, summer complaint, etc. For surface sores of almost all kinds, it is good to wash them with often, also in ague, sore lips, etc.

NO. 112. SYPHILIS SIRUP, OR BLOOD PURIFIER.

One ounce of feri tartrate of potassa; eight ounces simple sirup, or four ounces white sugar. Dissolve them together while warm, by frequent or constant shaking, and flavor strong with wintergreen.

Dose.—Two teaspoonfuls, or one half tablespoonful, three times a day.

Keep the bowel loose while taking this sirup. It colors the passages of the bowels, but no harm arises from it. This is, is plain English, a peculiar preparation of potash and iron. It was invented and used by the celebrated Ricord, who stands at the head of the Venereal Hospital, in France, and by his recommendation used in the Venereal Hospital in London, England, and has never been known to fail in the complete and successful cure of syphilis or pox in the blood from that time to this. It is the only remedy for that worst of all diseases that amounts to anything, and for this it is sure.

It also cures scrofula, and all kinds of eruptions of the skin. Is a sure cure for ulceration of the womb, leucorrhœa or whites, and is good in all kinds of female debility. It thoroughly eradicates calomel from the system, warms cold extremities, cures salt rheum, crysipelas, pimples and blotches on the face, canker, cancer, and fever-sores, also secondary syphilis in all its forms, no matter of how long standing. Five half-pint bottles always effect a cure. It is also good for sore throat, rheumatism, catarrh, neuralgia, and every disease which is caused by impure blood. I have used it in over one hundred cases of secondary syphilis with perfect satisfaction.

Dose.—For adults, two teaspoonfuls three times a day before eating; children in proportion to age. For ulceration of the womb or leucorrhœa, mix equal parts of water with it, and use with a syringe to the parts two or three times a day; also take it internally, full strength. For sores in the throat, gargle one teaspoonful, full strength, and swallow, five or six times a day; for all fever and surface sores, wash them in it, full strength, three times a day, and take it internally.

This remedy caps the climax of everything in the shape of blood purifier I ever saw. I have been offered everything reasonable by physicians for this formula, but never have sold a copy. I presume I could sell it for more than I can ever make out of the sale of this book, but I want the public to have the benefit of it.

NO. 113. CURE-ALL SIRUP.

Take equal parts of the red pigeon cherry-tree bark, green osier bark, bittersweet bark of the root, princess pine roots and tops, burdock root or seed, and wintergreen leaves. Steep to a strong tea (not boil), press out, and strain. To each quart add one pound of white sugar and two ounces alcohol; flavor with essence of wintergreen.

Dose.—One to two or three spoonfuls three times a day.

Uses.—Very large fever-sores have been cured with it; also cancers, which come out by the roots, slick and clean, and chronic ulcers of the ear of long standing. Erysipelas and rheumatism have also been cured by taking this sirup. Hence I call it Cure-all.

NO. 114. ALTERATIVE SIRUP, OR BLOOD PURIFIER.

Two pounds yellow dock root, one pound burdock root or seed, two pounds tag alder bark, one pound tamarac, inner bark, one pound princess pine leaves and roots, two pounds mandrake root.

Steep and make same as liver sirup; make six gallons of this amount; add four pounds sugar to the gallon; when cool add one half gallon alcohol, and flavor strong with essence of saffras, and bottle.

Dose.—One or two tablespoonfuls before eating, three times a day, or all the bowels will bear, and not relax too much.

Uses.—This is a very good alterative to cleanse the blood, in all common cases of impurity, from taking cold, etc. Oil of butter should be made use of freely after a bath, twice a week, just before going to bed, and a cup of hot, sweating tea of catnip, pennyroyal, ginger, or composition-powder tea, to open the pores of the skin. After the bath, you should rub in all the oil you can from head to foot, before drinking the tea.

NO. 115. FEMALE RESTORATIVE NO. 2.

Four ounces comfrey root, two ounces elecampane root, one ounce hoarhound herb. Steep in three quarts water; strain while hot; add two pounds sugar and one pint good brandy.

Dose.—One tablespoonful three or four times a day.

This remedy regulates and strengthens the monthlies, and is also good for barrenness.

BLOOD, LIVER, AND KIDNEY PURIFIER.

Take of the fluid extracts, one ounce burdock, two thirds ounce boneset, one third ounce manrake, one half ounce buchu, one half ounce dandelion, one half ounce sarsaparilla, one half ounce wild cherry, one half ounce feri tartrate potassa, one half dram powder golden-seal, one half ounce alcohol; to make one pint.

Dose.—For adults, one teaspoonful fifteen minutes before eating; children in proportion to age. In case of fevers, give one tablespoonful instead of a teaspoonful, keeping the patient in a moist state at the same time. No fever can follow after taking the medicine, nor biliousness, malaria, etc.

TINCTURES.

WOODRUFF'S PAIN KILLER.

Two ounces oil cloves, two ounces oil origanam, two ounces oil cedar, one ounce oil sassafras. Mix and shake; and while shaken up, pour out an ounce, and add a pint of alcohol to each ounce, or seven pints to the whole; color with red aniline, or red sanders.

Uses.—This makes one of the best pain killers for internal and external use I ever saw. I have used it for twenty years in my practice. For fresh burns it cannot be excelled. Whether blistered or not, wet a cloth and bind on, and keep

wet until cured. I had over twenty small blisters on my hand from slopping on some ointment while on fire; I wrapped it with a cloth, and bathed it and kept it wet one evening, and wore the bandages to bed. In the morning when I removed the dressing, the blisters were gone, and all the soreness, and never troubled me after. It is splendid for rheumatism, used internally and externally. Also for diarrhœa, dysentery, cholera, and cholera-morbus, and all pains in the stomach and bowels.

The dose is one teaspoonful, in water, according to circumstances, from three to six times a day, and bathe freely as required.

NO. 116. WOODRUFF'S FEMALE RESTORATIVE NO. 1.

Four ounces sweet cleavers, four ounces boxwood blows, four ounces winter clover (or squaw vine), four ounces Solomon seal (the white the best), four ounces life root and tops, called uncum and nungnaw, four pounds chopped raisins, four ounces bitter-sweet, bark of the root. Steep to one gallon, press, and strain, and when cool, add two ounces essence of wintergreen, two ounces cinnamon, and one gallon of good port or domestic wine.

Dose.—Two or three tablespoonfuls three or four times a day, or all that can be borne, and not have it fly to the head too much.

Uses.—Good in all cases of weakness or debility of females, leucorrhœa, or whites, irregularity, etc. I have cured hundreds of weakly females with the above compound. I like it the best of all the remedies I have tried. It produces natural strength.

NO. 117. WOODRUFF'S CHOLERA TINCTURE.

Equal parts tincture of rhubarb, opium (laudanum), capsicum, camphor, peppermint, cloves, cinnamon, and fluid extract valerian. Mix and shake.

Dose.—For an adult, one half to one teaspoonful in water, every half-hour; in severe cases, fifteen drops every ten minutes, until relieved.

This is the best thing I ever saw for cholera, cholera-morbus, diarrhœa, and dysentery, weak and painful bowels, to strengthen them up and give immediate relief.

NO. 118. WOODRUFF'S DIURETIC TINCTURE NO. 2.

One ounce oil wintergreen, one ounce oil juniper, one quart alcohol. Mix when cut, and add one pint sweet spirits niter.

Dose.—One teaspoonful in water as often as necessary.

NO. 119. WOODRUFF'S DIURETIC TINCTURE NO. 1.

Mix equal parts fluid extract dwarf elder, buchu, and uva ursi. *Dose*—one teaspoonful in water as required. But for long-continued dropsy, use the ingredients separately, a few days to each, alternately. In this way they will not lose their power over the system.

Uses.—These diuretics produce an extra discharge of urine, and are as sure in all cases of dropsy as any remedies that can be obtained. (See diuretic remedies under the head of Medical Properties, Diuretics, Tonics, etc.)

NO. 120. INDIAN REMEDY FOR RHEUMATISM.

Take of the bark of the root of wah-a-hoo one ounce, blood-root one ounce, black cohosh two ounces, swamp hellebore half ounce, prickly ash bark or berries one ounce, poke root cut fine one ounce, rye whisky one quart. Bruise all, and let it stand a few days before using.

Dose.—One teaspoonful every three or four hours, increasing to two or three teaspoonfuls, as the stomach will bear.

Wash all over with sal-soda water, rub dry, then bathe from head to foot with the oil of butter or stimulating oint-

ment, get in bed, and drink freely of sweating teas as hot as you can; keep at this every day until relieved; then use the washing and anointing process once or twice a week.

NO. 121. WOODRUFF'S RHEUMATIC TINCTURE.

Two ounces tincture colchicum, two ounces fluid extract black cohosh, two ounces fluid extract sassafras, two ounces fluid extract burdock root or seed, one ounce tincture capsicum. Mix and shake.

Dose.—One teaspoonful three times a day; and wash in sal-soda, and bathe with stimulating ointment.

NO. 122. INDIAN SPIRIT REMEDY FOR RHEUMATISM.

Mr. James Plank, spirit medium of Rockford, Mich., gave me the following, with which he performed some extraordinary cures after all the doctors failed.

Boil one quart of green scoce root, chopped fine, in one pint of pure tar or white-pine pitch, for two hours, or until the juice is all cooked out of the roots; strain off the roots, and boil down to the consistency of a plaster.

Directions.—If the rheumatism is in the legs or back, put a plaster the size of the foot on both feet. If in the arms or shoulder, put it on the palm of the hand, and it will draw it all out in a few days.

NO. 123. ANOTHER OF MR. PLANK'S REMEDIES.

Saturate the socks, undershirt, and drawers in strong alum water (eight ounces to the gallon); let them drip and dry thoroughly; then wear them until cured. If it becomes necessary to wash them, dip them and dry them again in the same way, and wear them till cured.

NO. 124. WOODRUFF'S SWEATING DROPS.

One ounce lobelia herb or seed, two ounces capsicum, or red peppers; three ounces valerian or lady's slipper roots; one ounce gum myrrh, one ounce blood-root, half ounce oil peppermint, half ounce gum camphor, four ounces supercarbonate soda, two quarts alcohol.

Digest all but the soda for ten days; then strain and filter, and add the soda, or rather tincture, in as little alcohol as will cover them; then add all the water that it will bear and not turn white, and make up to two quarts. Sweeten if you like.

Dose.—One teaspoonful in warm water every twenty minutes to two hours, as the stomach will bear, according to the urgency of the case, and children in proportion to age.

Uses.—Good for all kinds of fevers, hard colds, coughs, etc. This makes good sweating drops to use wherever a sweat is desired.

FLUIDS.

NO. 125. CEPHALIC FLUID.

One ounce fluid extract of valerian, or lady's slipper; one ounce essence of anise, twenty grains sal-ammoniac, one pint water. First mix the sal-ammoniac and water, then add the others. If mixed right, it will not separate or curdle.

Directions.—Pour a teaspoonful in the hand, and snuff up the nose hard and quick.

Uses.—It cures catarrh, breaks up a hard cold in the head, opens and cleanses the nasal passage, stops pain in the head, cures toothache, neuralgia, earache, or any pain above the shoulders, in five minutes. If not relieved in five minutes, repeat.

I can recommend this for catarrh above all the snuffs yet used. I have cured many cases of catarrh with it. It also

strengthens the eye-sight immediately in all cases of weak eyes. I suppose it is the nervine that does this; the valerian and water might answer just as well for the eye-sight.

NO. 126. WOODRUFF'S INHALING FLUID.

Eight ounces fluid extract blood-root, eight ounces tincture lobelia, four ounces tincture anise, two ounces oil of tar; mix.

Make a tin tube three and a half inches long, and one inch in diameter at one end, and one fourth of an inch at the other; put a sponge in the large end one and one half or two inches long; then pour one teaspoonful of this fluid on the sponge; then draw in your breath through the tube for ten to fifteen minutes, and repeat three to six times a day, enough to relax and nauseate the stomach a little each time. Wash out the sponge every day, or get a new one.

Uses.—This cured one of the worst cases of consumption I ever saw. I at first refused to prescribe, honestly telling the patient that he could not live ten days; but being urged by a patient whom I had just cured of asthma, I consented to try it, lightly at first, for fear the phlegm would choke him to death. He raised about two quarts the first night and gained every day, and in three months was on his farm at work, and is alive yet. I have cured many cases of asthma with it, and warrant a cure for five dollars. Inflamed lungs and a tight, hard cough receive immediate relief. It carries the medicine right to the lungs in its natural state, not having to be digested and passing in to the blood first, thus robbing it of ninety-nine parts out of one hundred, of its pure medical properties.

This is a spiritual gift, like many and most others that I have. It came about in this way: One Frank Babcock, of Grand Rapids, Mich., called upon me for a prescription for the asthma one evening. He flattered and teased me for some time. I told him he had had asthma for fourteen years, and that his father was a good doctor and belonged to the medical society, and had the free counsel of eighteen physicians in all such cases, and that he had probably tried every

known remedy that could be thought of. He still pressed me for a prescription; I told him to call in the morning, and I would see what I could do for him. He then left me.

Being alone in the office, I began a conversation with my guardian spirits, who impressed me with the tightness of the mucus which formed in the lungs, under such circumstances, shutting off the air from the blood. They set down eight parts of lobelia to relax with, then eight parts blood-root to eat away the mucus, then four parts of anise to soothe the parts, while this was being done; then two parts of the oil of tar to heal the havoc which the rest had done on the inner surface of the lungs; also the manner of administering it. They then impressed a clear vision how it would all work, which satisfied me of the mechanical working of the whole process. I put the prescription in my drawer, marked for Frank Babcock. The next morning Frank came in, heaving and spitting, as usual. I fixed him two ounces to try. In a few days he came back, and said it had done him more good than all he had ever tried before, and wanted more. I fixed him two ounces again, which entirely cured him, and he has been well ever since, now seven years ago. I have used it with good success ever since in all lung affections.

CORDIALS.

No. 127. NEUTRALIZING CORDIAL.

Two ounces pulverized rhubarb, two ounces surpercarbonate of soda. Put in a large pan, or kettle, and add six quarts boiling water; let it stand a few minutes, stirring it; then add six pounds white sugar, and stir till dissolved; let it settle twenty-four hours, drain off from the dregs, and add six ounces brandy or alcohol, and flavor very strong with essence of peppermint.

This cordial is designed to correct all sourness or acidity of the stomach, and assist the functions of digestion.

Uses.—It is good for all irritated states of the stomach in pregnant females, vomiting, indigestion, wind on the stomach,

diarrhœa, dysentery, pains in the stomach, etc. It is a perfect regulator in all difficulties of the stomach and bowels.

Directions for Use.—Dose for adults, from one to two or three table-spoonfuls after eating, three times a day, for all affections of indigestion; for diarrhœa, every hour until it changes the color of the passages of the bowels; after that, three or four times a day, in smaller doses, while you take some astringent or stimulating medicine in combination with it until cured.

For children it can be given freely in proportion to age. It is safe and harmless, and very pleasant to take.

NO. 128. SOOTHING CORDIAL.

Four ounces of the roots of valerian, or lady's slipper; four ounces sweet flag (calamus); two ounces rhubarb (or four of pieplant); four ounces colic root; eight ounces catnip blows; four ounces skull-cap herb (or two ounces of the fluid extract). Put in a kettle and add a little over one gallon of boiling water; cover tight, and steep (not boil) for one hour; press and strain, and when cool add one and one half ounces tincture camphor; one ounce essence of peppermint; two ounces tincture lobelia; four ounces soda; two ounces essence of anise; four pounds loaf, or white sugar; four ounces laudanum; making in all about one gallon.

Uses.—This is designed to stop all worrying and pain of children, from whatever cause, especially in teething.

Dose.—For child one year old, one half to one teaspoonful; repeat in half an hour if not relieved. Other ages in proportion. Shake the bottle before using.

NO. 129. TAR CORDIAL.

Four ounces pure tar; four ounces spikenard roots; eight ounces honey; two quarts of water.

Directions.—First scald up the water, spikenard, and tar, for one half an hour; when well steeped, add in the honey, and stir up, and when cool, strain off and bottle for use.

Dose.—For an adult, begin with a teaspoonful three times a day, and increase as the patient can bear it, even up to a wine glass full if it can be borne.

Uses.—It is good for consumption, bronchial affections, hard colds, and coughs of all kinds.

It would be well to add to the above four ounces elecampane root, and two of cowslip.

NO. 130. EYE-WASH FOR OUTSIDE OF LIDS.

Pulverize one ounce of blue vitriol, and heat it on an iron, or shovel, until it blisters up like burning alum; then crack the shells of eight eggs, and roast them in hot ashes until hard, put three quarts of soft water in a dish or pail; then add the eggs, while hot, and throw in the powders, and drop in two pounds of red-hot steel, and cover tight till cool. Then strain and filter through paper for use.

Directions.—Wet the finger with this wash, and wash the outside of the lids three times a day.

Uses.—This recipe has cured the worst cases of inflamed and granulated lids in from half a day to two days. It is not intended for the inside of the lids.

I got this from a confidential friend, who praised it very highly, and was effecting great cures of the eyes.

NO. 131. FOR FITS OF ALL KINDS.

Three ounces bromide of potassa; one ounce bromide of ammonia; one dram soluble citrate of iron. Dissolve in one pint water.

Dose.—One teaspoonful three times a day, one half hour before eating. This will last about a month, and should be given as many times, or months, as they have had fits years. This time is the average for the care of falling sickness or apoplectic fits. This great cure is the one used by Dr. Flanders, the spirit medium.

NO. 132. TO BRING OUT OF FITS QUICKLY.

When a person is in a fit, grasp all the fingers in one hand and grip as tight as you can ; at the same time bend the hand up to the shoulder tight, so as to strain the outside muscles of the elbow. While in this condition take a light stick or ruler, or strip of shingle, and tap the elbow lightly, so as to hit the muscle called the crazy bone, which benumbs the little finger when bumped (as all have realized so often), and recovery will be immediate. Another way is to rub your hand lightly and quickly over the stomach, so as to warm it by friction of the hand, when it will relax in a few minutes.

NO. 133. CURE OF MORPHINE OR OPIUM HABIT.

First find out what kind of morphine is used, whether sulphate or acetate; then just how much, and how often. Then for a patient that is taking from four to six grains a day, I fix a six or eight ounce vial of the same kind of morphine or opium, of sufficient strength so that one teaspoonful will be his ordinary dose; then I fix the same size vial filled with water with two drams of nux vomica to eight ounces water; then, as vial No. 1 is used fill it up with No. 2. Continue till all is used up, when the patient will not be using morphine at all, but nux vomica only. Then I fix a four-ounce vial of the same strength of nux vomica, and a number two vial of clear water, which is to be taken in the same way, filling up with the water; and when that is gone, the patient is free from both, and taking only water. Of course I disguise the No. 2 vials, and make them taste of something, that the patient may not know what you are doing, or he may think he is having every complaint you can name. But if kept in ignorance, he is well satisfied until cured of the morphine habit. I sometimes put quinine in No. 2 to fill up with. It gives strength and tone to the system.

I cured two ladies in one family of this habit. One was taking four grains of the acetate, and the other six grains a day, of the same kind (about forty-eight doses for a man), and in six weeks they were cured, and for the past year have not taken any. The mind has a great deal to do with the cure. Patients must be led blindly, or they cannot stand it, and then if they know what your aim is, the "fat is in the fire." I did not let the ladies know how fast they were stopping its use, or they would have sunk right down. In some cases, it is necessary to add nervines of some kind, and make the patient believe that it is going to take a long time to cure. One lady that I cured, after she had been taking nothing but disguised water four weeks, sunk down in spite of herself for several days after she had learned that she had been taking nothing but water for four weeks.

NO. 134. FOR SMALL-POX, SCARLET FEVER, MEASLES, ETC.

One grain sulphate zinc, one grain foxglove (or six drops fluid extract), one teaspoonful of white sugar; mix all thoroughly, then add four ounces water.

Dose.—One teaspoonful every hour, and any of the above diseases will disappear in twelve hours. The dose for children is in proportion to age.

While using this remedy, wash the skin every one to four hours in sal-soda water, and anoint each time with oil of butter; also give sweating teas often, and let their effect appear on the surface of the skin.

The above prescription may be given as a preventive every four to six hours after exposure, and will prevent any of the above diseases.

This is the most sure and easy treatment known to the world at the present time. It is reported that over one thousand patients who took this treatment recovered speedily without a failure.

NO. 135. TO STOP INTERNAL BLEEDING.

Steep an ounce of the herb of mare-tail, also called colt-tail (*Erygon Canadense*) to a strong tea; take one half a teacupful every fifteen to thirty minutes until it stops, which is generally hour.

This is good for flooding of all kinds, bleeding at the lungs, kidneys, or nose, and from injuries of all kinds. The herb possesses an oil which can be obtained at the drug store, called *Erygon Canadense*. It is a weed which grows up in stubble-fields and waste places, on sandy or gravelly soil, from two to three feet high, with one straight stalk, with leaves on the side about as wide and long as your finger, and just before it branches out it has a clump of leaves on the top, which resembles a colt's tail. In the latter part of the season it branches out at the top, and has a very small blossom. Its immense number of stalks frequently bothers the farmers in plowing their summer-fallow, by clogging the plow. Save a little in the season of it, and then you will be ready to help yourself or your neighbor in time of need.

NO. 136. CURE FOR A BURN.

In case of burn, dissolve saleratus or soda as strong as you can; apply cloths wet with the solution, and keep them wet with the same all the time till cured. It removes the burn, and heals it up sooner than any other remedy, and does not leave a scar if you keep it wet enough.

NO. 137. CROUP.

Take a teaspoonful of pulverized alum, one of sulphur, and two teaspoonfuls of sugar; mix together. Give half of it; if not better in fifteen minutes, give the other half. Instant relief is generally afforded.

An application of lobelia, wormwood, salt, and vinegar, in equal parts, at the same time is good. Wet cloths, and bind on the outside as hot as can be borne.

I sometimes give freely of the fever and cough powders mentioned in this book, enough to sicken the stomach, even to vomiting. Relief is soon obtained with these remedies if taken in time.

NO. 138. ULCERATION OF THE BOWELS.

In cases of long-protracted piles and costiveness, the bowels often become ulcerated, causing excruciating pain and a discharge of matter and pus. In this case I make a very strong tea of equal parts of the bark or blows of white elder, and bark of the root of bittersweet; or take the fluid extract of each of them, and heat a few minutes, until all the alcohol is evaporated. Of this I inject an ounce, or a small syringeful three times a day, especially after a movement of the bowels, which should be kept loose all the time. I have cured the worse case I ever saw or heard of in a week. The injection should be retained if possible.

NO. 139. GERMAN CHOLERA MIXTURE AND LINIMENT.

One pint alcohol, one ounce laudanum, one ounce spirits camphor, one ounce spirits ammonia, quarter ounce oil anise, quarter ounce oil peppermint, quarter ounce oil cinnamon, half ounce oil cedar, one ounce tincture myrrh. Mix, and let the oils cut.

Dose.—For adults, one teaspoonful in water; for cholera, etc., as often as they have passages of the bowels. Children in proportion to age.

Uses.—Good for colic, vomiting, and all internal pains; also for external use as a liniment in rheumatism and all painful swellings, by bathing the parts affected.

NO. 140. CLEANSING WASH AND LINIMENT.

One ounce sal-ammoniac, one ounce sal-soda, one ounce borax. Mix in one quart boiling water.

Uses.—Good to cleanse the body; use clear, or mix half with water. Good for tickling cough; touch the tongue to it two or three times and swallow; repeat as needed.

For liniment, add a little laudanum and spirits of camphor; it is then good where a liniment is required.

NO. 141. COUGH DROPS.

One ounce and a half simple sirup, one ounce and a half sirup of tolu, forty drops tincture blood-root, forty drops tincture gelsemine, forty drops tincture aconite; mix.

Dose.—Quarter teaspoonful every three to six hours, as may be necessary. Good for all tickling coughs.

NO. 142. TINCTURE VAN, FOR GONORRHŒA.

Ten ounces balsam copaiba, five ounces oil cubebs, five ounces sweet spirits niter, two ounces essence wintergreen, one ounce spirits turpentine, one ounce spirits lavender, half ounce liquid potash.

Directions.—Mix the last with the two first, and shake them up thoroughly till fully cut; then add in the rest, and shake up.

Dose.—One teaspoonful three times a day.

To this compound I sometimes used to add ten half-ounce bottles of Harlem oil, which is the best thing I ever saw for this complaint; but it smells so bad I was obliged to leave it out. I have known two ten-cent bottles to cure a very bad case. Take alone on sugar; ten drops is a dose, on sugar, three times a day.

Uses.—This is the best preparation for gonorrhœa I ever saw, and is all that is required for that complaint. Never use any syringe; it only drives the disease deeper into the system, and at times hinders the cure for months. This remedy generally cures a fresh case in one to two weeks. It usually causes an excessive discharge, and throws it out of the system in that way. All that is necessary is to keep the parts well bandaged and clean, and it is soon over. Keep the discharges

off your clothes, or when partly cured you will take it again from them. I have cured over two thousand cases with it. It gives universal satisfaction. It relieves inflammation and cordee almost instantly; scalding of urine and bladder difficulties, inflammation of the prostate gland, stricture, and every disease of the kidneys and urinary organs.

It relieves leucorrhœa, or whites, in a few days by its cleansing and strengthening effects. It causes a free discharge, which gives immediate relief, and prevents all inflammatory action, which is the cause of so much trouble in this complaint, and delays the cure. It is singular that most doctors will never learn the sequel of a cure in this disease. They are willfully blind, from the fact that they will not learn the cause of the disease. It is at first caused by over-venery and filthiness, producing a living animal, or animalcule, or parasite, which breeds and develops in the female, first producing whites, and when bad, will affect the man in the same form, but as it progresses, becomes what is generally called gonorrhœa, or clap. When the blood of the female is bad, especially if stimulated by ardent spirits, it then changes into syphilis in the female; the disease then puts on a severer type, and will develop on the outside, first in small blisters, which break, producing an ulcer the size of the head of a pin, called a chancre ulcer, which progresses to a fearful state if not killed with vegetable caustic. In about ten days it enters the blood, or as soon as swelling of the parts is noticed, and goes all over the system, and becomes secondary, or constitutional. Then the above remedy ceases to be of use. I then use vegetable caustic and vinegar on the ulcers, and ferri tartrate of potash, one ounce to eight ounces of simple sirup. The dose is two teaspoonfuls three times a day. Use it also as a wash on the ulcers or chancres three times a day till cured. Five such prescriptions have always cured the worst cases I ever saw in three months, and they never have had another pimple appear. I have cured probably one hundred and fifty cases in the second stage, and warrant a complete cure for ten dollars. (See treatment of this disease in this book elsewhere.)

NO. 143. WOODRUFF'S NO. 2 OIL.

This remedy is to be used with an acupuncture instrument. Take one ounce oil capsicum, one ounce oil cinnamon, one ounce oil hemlock, two ounces oil origanum, ten ounces sweet oil; mix and shake.

Uses.—This compound is designed as a counter-irritant, to be used with an acupuncture instrument for that purpose. Its effects are quick and sure, and it answers as good a purpose as that manufactured by Dr. Brown, the inventor of the instrument.

NO. 144. FOR HYDROPHOBIA (BITE OF MAD DOG).

Let the patient fast, or eat as light food as possible; at the same time steep elecampane root in new milk; steep strong, and give twice a day until cured. Those in spasms have been cured immediately by its use. It has been in successful use by certain parties since the days of William Penn, with never a failure known.

NO. 145. FOR ERYSIPELAS OF ALL KINDS.

First thoroughly cleanse the stomach and bowels with cathartics. Give belladonna drops. Of the fluid extract from three to six drops, of the tincture six to eight drops, is the dose for adults, and children in proportion to age, to be given three or four times a day. Poultice the parts with slippery elm and charcoal, and mix up with hop yeast, and change three or four times a day. Scraped carrots or potatoes make a good poultice, to be changed every hour or two. Stewed cranberries also makes a good poultice.

Another remedy: Bind on slices of fresh veal, or cloths wet in fresh blood, and change often.

For itching, bind on a cloth wet in the tea of celandine, or use a tea of ballad alder leaves (called water-bush, from the fact that it always grows in standing water, and bears in the fall a rough seed or white ball, like a cherry, on a stem like a

cherry-stem). A wash of beech drops is recommended by some, and the drinking of a tea of elder flowers. Avoid stimulants, and extra heat and exercise.

NO. 146. FOR INFLAMED PENIS, SCROTUM, OR GLANDS.

Use cloths wet in lobelia decoction, and bind on and keep wet. Lemon juice and soda are also good. Change often. Or wet cloths with the water that beans have been boiled in until the beans begin to get soft, or mix with slippery elm for a poultice. Or use cloths wet in my Syphilitic Sirup, or Blood Purifier.

NO. 147. CHOLERA MIXTURE.

Take equal parts of tincture of rhubarb, tincture of opium (laudanum), tincture of capsicum (cayenne pepper), tincture of camphor, essence of peppermint, essence of cloves, essence of cinnamon. Mix.

Dose.—For an adult, one teaspoonful, in water, every one half to one hour; if severe, every fifteen minutes until relieved. Diarrhœa, three to five times a day.

It is the best thing I ever saw for cholera, cholera-morbus, diarrhœa, dysentery, weak and painful bowels, pain in the stomach, etc.

NO. 148. CURE FOR BARRENNESS.

Steep the auger chips of the heart of yellow iron-wood (not white) to a very strong tea; strain, and boil down until a white scum arises; add spirits or sugar to preserve it.

Dose.—One tablespoonful three times a day.

It is said by those who have tried it to be a sure cure for barrenness. Good for ague, and all female weakness and debility, etc.

NO. 149. FOR WEAK KIDNEYS.

One ounce horse-mint; two ounces marsh-mallows; one ounce mullein leaves. Mix. Steep in one pint of water and sweeten.

Dose.—One teacupful twice a day until cured.

For an external application, take one third dram pulverized alum; two ounces brandy; one ounce water. Mix the water and alum first till dissolved.

Directions.—Bathe the back every night, before retiring.

NO. 150. FOR SCARLET OR SPOTTED FEVER.

Salt-peter, one teaspoonful; soda or salaratus, two teaspoonfuls; four ounces hot water. Sweeten, and flavor with essence of peppermint.

Dose.—For child eight to twelve months old, one half teaspoonful; from two to four years old, one teaspoonful every one to two hours.

It quiets the fever and cools the patient. Give nervines if necessary. Bathe often, and give sweating teas of catnip. For spotted fever in adults, give the same, only enlarge the dose to one tablespoonful, or to suit the age and the severity of the fever.

NO. 151. TO STOP VOMITING.

Dissolve all the salt you can in the best vinegar; then add tincture of cayenne pepper, or strong pepper-sauce, enough to make it as strong as the patient can take it.

Dose.—One teaspoonful every ten or fifteen minutes until stopped, and good also for ulcerated sore throat. In diphtheria, give often; it removes soreness, and gives relief in a few minutes, although it feels harsh at first.

For another remedy to stop vomiting, steep rag-weed to a strong tea.

Dose.—One half teacupful every fifteen to thirty minutes until stopped. This is very good. I have tried both the above to good advantage.

NO. 152. FOR INFLAMED OVARIES, ENLARGED SPLEEN,
OR RHEUMATISM.

Take one ounce fluid extract bear's foot ; two ounces lard, or oil from butter. Boil them together and use as a liniment two or three times a day. It is said that four to six applications will cure. This remedy is from Dr. Beard, Sand Lake, Michigan.

NO. 153. WOODRUFF'S CORN AND WART LINIMENT.

Take equal parts of spirits of turpentine, oil spike, gum camphor, oil origanum. Mix.

Directions.—First bathe the corn or wart with it a few minutes, with the end of your finger, then with a lancet or sharp knife cut around the corn or wart, holding the blade to the skin, and skive it from the live flesh ; then with the blade go all around it with a lifting or scraping motion, and thus raise the edge all loose to the center or point, which if skillfully done, will run over it without pain or blood ; then dress it with a little healing salve till well, or with alum water in case you should draw blood, to stop the bleeding and toughen it.

NO. 154. TID-A-WA-BE, OR BLACK OIL.

Tanner's oil one half pint ; spirits turpentine one half pint ; sulphuric acid one ounce. Mix in earthen dish, out of doors.

This is good for salt-rheum, scald-head, old sores, barber's itch, and all skin diseases, stiff joints, bone spavin, ring-bone, burns, itching piles, etc. For the scratches on horses, bathe the parts.

NO. 155. SMALL-POX CURE, OR DOG-BITE-DOG.

Mix an ounce of cream of tartar to one pint of water ; drink at intervals in a day and a half.

This will cure the worst case in three days. It never fails. It never leaves a mark, and never causes blindness, or other trouble. I would anoint the skin with the oil from butter once a day, and wash clean often. Dog bite dog; the living animalcules in the cream tartar, when dissolved and taken into the system, feed upon and eat up the animalcules, or animals in the blood, which constitute the small-pox, or are its opposites, and kill or counteract the disease; as all disease is the effect of an animalcule or parasite, which is detrimental or poisonous to the human system in large quantities, often overpowering and destroying life. Each particular breed or kind is known by its different effects on the system, some producing one kind of disease and some another.

I presume the above would be good for chicken-pox, measles, and scarlatina, or scarlet fever, diphtheria, etc.

NO. 156. FOR WEAK OR SOUR STOMACH.

Two ounces pulverized gum-arabic; two drams capsicum; alcohol one pint.

Dose.—One half to one teaspoonful in water three or four times a day.

For sour stomach, add two ounces supercarbonate of soda. Dose as above after eating.

NO. 157. WASH FOR LEUCORRHŒA.

Two grains permanganate of potash, four ounces water. Mix.

Use with a syringe three times a day; good for both sexes.

NO. 158. RHEUMATIC LINIMENT.

One ounce oil origanum, two ounces spirits of ammonia, one ounce spirits of turpentine, one ounce gum camphor, one pint of alcohol. Mix.

Uses.—Bathe the parts affected. It is a good liniment for man or beast.

NO. 159. GRAVEL.

Take six ounces Tilden & Co.'s elixir bromide of calcium compound.

Dose.—One teaspoonful in water three times a day before meals.

I have known it to bring away large quantities of stone and gravel in a short time. One patient subject to stone in the bladder was cured by this compound three times in the course of two or three years. Some of the stones were most as large as filberts.

NO. 160. CANDY PHYSIC.

Make it so that each stick will be a dose, containing from one to two grains of jalapine, which is the resinoid of jalap, and two to three grains bitartrate of potash (cream tartar), and flavor with the oil of lemon or peppermint. If made to sell, wrap printed directions around each stick. Have eight creases across each stick, the whole to be a dose for an adult, and the different notches in the stick to designate the different doses for children, according to age, to be explained on the wrapper around each dose. This is a nice way to administer to children.

This is an invention of my own, but which I have not yet put in practice.

NO. 161. FOR DIPHTHERIA.

Of table salt two drams, capsicum one dram (or black pepper two drams), and of golden seal, nitrate of potash, alum, each one dram. Add the above to a teacupful or four ounces of good sharp vinegar, and shake up

Swab the throat with this every half hour to one, two, or four hours, as recovery progresses, and swallow a little each time.

OUTSIDE WASH FOR THE THROAT.

Mix each one ounce spirits turpentine, sweet oil, and aqua ammonia, and bathe the throat every one to four hours, keeping flannel over the same. Keep the bowels well cleansed from bile. Wash and anoint the whole body once or twice a day with sal-soda water and oil of butter.

For sore throat, swallow small pieces of ice as big as filberts, or hold them in the mouth, and swallow the cold water until the throat is cold and chilled, which will remove the soreness and inflammation in a very short time, but do not drink large drafts of ice water.

NO. 162. RESTORATIVE DROPS.

Four ounces phosphoric acid, one half ounce tincture cantharides, one ounce tincture iron, one ounce tincture prickly-ash berries. Mix.

Dose.—One half to one teaspoonful three times a day.

NO. 163. CURE FOR PIMPLES OR BLOTCHES ON THE FACE.

Dissolve salt as strong as you can, and flavor and disguise as you like.

Directions.—Bathe the face on going to bed, and wash off in the morning.

It cured the worst case I ever saw in two weeks, and left the skin very smooth and soft. Four-ounce bottles are large enough for a cure.

NO. 164. BROWN'S BRONCHIAL TROCHES.

One pound extract licorice, one and a half pounds sugar, four ounces pulverized cubebs, four ounces pulverized gum-arabic, one ounce pulverized extract conium. Mix, and form into lozenges.

NO. 165. WOODRUFF'S STICKING PLASTER AND SOOTHER
OF PAIN.

One pound white-pine pitch; one ounce sweet oil; one ounce gum camphor; one ounce oil hemlock or cedar; one ounce oil sassafras; one half ounce oil origanum; twenty grains morphine; one ounce red lead.

Directions.—First mix the morphine with the red lead thoroughly; then melt the pitch, and add the other articles, and stir in the kettle; when well mixed, pour into a half pailful of cold water, and pull and work it freely, as you would black wax. Then roll into rolls the size you want them, or spread it on cloth in plasters.

Uses.—For all painful sores, corns, lame back, or rheumatism, neuralgia, bruises, etc., it is very good.

NO. 166. IODINE OINTMENT FOR WENS AND GOITER.

Iodide of potassa, one half ounce; iodine (crystals), two drams; lard or oil of butter, four ounces.

Triturate the first two in a Wedgwood mortar for twenty or thirty minutes; then mix the lard or butter.

Directions.—Anoint the parts two or three times a day, and give alteratives to carry it out of the blood. If on a woman, be sure to keep the bowels loose, or it may produce nausea of the stomach.

NO. 167. CURE FOR FELONS.

As soon as you are aware of a felon, and before the matter has begun to form, take a small tin cup; put into it two ounces of alcoholic tincture of lobelia; put your finger into it, and hold it over a lamp or gas blaze, until the alcohol boils. It is not as painful as you would think, and is sure to kill it. It relaxes the skin over the bone, and lets off the inflammation. If matter has actually formed, I lance them with a spring lancet; and dress with my healing salve.

NO. 168. WHITE MUSTARD SEEDS.

For constipation, indigestion, chronic liver and bowel diseases, dropsy; in fact, every disease to which we are subject.

Dose.—From one teaspoon to one tablespoon three times a day, or as suits your own case, always keeping the bowels in a free, healthy state.

Persevere in taking them, and you will find them a sure cure. Do not chew them, but swallow them whole.

But now let me “render unto Cæsar the things which are Cæsar’s.” This great remedy and its deservedly established reputation belong to Charles Turner Cook, member of the Royal College of Surgeons, London. It is one of the best remedies in affections of the liver, internal organs, and nervous system.



CHAPTER X.

TABLE OF MEDICAL PROPERTIES.

I will now give tables of articles possessing medical properties. It will be noticed that some of the articles come in under the head of several of properties. It is because they possess all of those properties, and in selecting articles to form a compound of say two properties, it is well to select those articles which come under both heads; for example, if you want a tonic and alterative combined, select one article that possesses them both; you thus condense your article in a smaller and more valuable compass. I give only such articles as I am the most familiar with, leaving you to select from other authors to complete the list as far as known.

ASTRINGENTS.

Alum.	Sumac Bobs.
Oak Bark.	Comfrey Root.
Crane's-bill Root.	Rose.
White Root.	Bethroot.
Wild Indigo.	Broom Rape.
Copaiba.	Beech Drops.
Rose Willow.	Wintergreen Leaves.
Solomon's Seal.	Striped Bloodwort.
Bayberry Bark.	Sweet-fern Leaves.
Hemlock Bark.	Marsh Rosemary.
Blackberry Root.	Snake Weed.

Rhubarb.	Evan Root.
Persimmon Bark.	Burnt Copperas.
Raspberry Leaves.	Ballad Alder Leaves.
Blood-root.	

ANTISPASMODICS.

White Root.	Lady's-slipper Root.
Lobelia.	Camphor.
Camomile.	Skunk-cabbage.
Asafœtida.	Tansy.
Peppermint.	Slippery Elm.
Spearmint.	Motherwort.
Mullein Leaves.	Wintergreen.
Skull-cap Herb.	High Cranberry.
Nungnaw, or Life-root.	Blue Cohosh.
Tobacco.	

ANODYNES.

Opium.	May-weed.
Laudanum.	Hops (pollen).
Morphine.	Mullein Blows.
Wintergreen.	Blue Cohosh.
Valerian.	Motherwort.

ALTERATIVES.

Burdock Root and Seed.	Sarsaparilla.
Gum Guaiacum.	Elder Bark and Berries.
Sassafras.	Bethroot.
Tag Alder.	Sweet-fern.
Spotted Alder.	Yam Root.
Ginseng Root.	Princess Pine.
Blue Flag Root.	Yellow Dock.
Mandrake Root.	Water Dock.
Ferri Tartrate of Potassa.	

CATHARTICS.

Socotrine Aloes.	Boneset.
Colycinth.	Gamboge.
Jalap.	Root of Butternut, Bark.
Senna Leaves.	Olive Oil.
Castor Oil.	Man-in-the-Ground Root.
Mandrake Root.	Blue Cardinal Flower.
Rhubarb.	Betony.
Culver Root.	Dwarf Elder.
Calamba Root.	Polypoda, or Rock Brake.
Croton Oil, one to three drops.	Scammony.
Ipecacuanha.	Hoarhound.
Blood-root.	White Root.
Gentian.	Wild Indigo Root—Strong.
Go-quick Root—Strong.	

DIURETIC ARTICLES.

White Root.	Marsh Mallow Roots.
Burdock Seed.	Almond Oil.
Pumpkin Seeds.	Milk-weed Root.
Celandine.	Copaiba.
Wild-carrot Seed.	Capsicum.
Fox-glove.	Dandelion.
Juniper.	Pitch-pine Gum.
Gin.	Spirits Turpentine.
Spearmint.	Seneca Snake-root.
Ipecac.	Scabious.
Slippery Elm.	Gravel Weed.
Pennyroyal Herb.	Devil's Bit Root.
Watermelon Seeds.	Vervain Root.
Partridge Berry, or Winter Clover.	Golden Rod.
Cleavers—Good for gravel.	Huckleberry Root.
Horse-mint.	Nettle Juice.
Uva Ursi.	Wild Parsley.
	Virginia Spindle Weed.

Life-root, or Uncum, Female Regulator.	Man-in-the-Ground.
Saltpeter.	Blue Cardinal Flower.
Rattle-snake Root.	Mugwort.
Common Snake-root.	Spleenwort.
Queen-of-the-meadow Root.	Balm Herb.
Indian-hemp Root.	Red-birch Bark.
Wintergreen.	Prickly-ash Bark.
Jalap and Cream Tartar.	Hemp Seed.
Princess Pine.	Blue Flag, three to five grains.
Harlem Oil, five to ten drops.	Blue-flag Juice, five to twenty drops.
Spirits Niter.	Fleabanc.
Juniper Essence or Oil.	Garden Parsley.
Wintergreen Essence or Oil.	Mustard.
Dwarf Elder.	Horseradish Root.
Buchu.	Peach Leaves.

DISCUTIENTS.

Stramonium.	Devil's Bit.
Pitch Pine.	Salt.
Poke Root and Juice.	Bethroot.
Yellow Dock.	Sorrel.
Bittersweet.	Prickly Pear.
Garden Nightshade.	Soot.
Mullein Leaves.	Sassafras.
Blood-root.	Honey.
Cleavers—Steeped cold.	Mandrake Root.
Clover Blows.	

NERVINES.

Lady's-slipper Root.	Motherwort.
Valerian.	St. John's Blows.
Asafœtida.	Lavender.
Skull-cap.	Balm.
Extract Popple Bark.	Skunk-cabbage.
Bromide of Potash.	

SWEATING ARTICLES.

White Root.	Catnip.
Mayweed.	Essence Hemlock.
Spikenard.	Plantain.
Ipecac.	Blood-root.
Saffron.	Sage.
Camphor.	Tansy.
Boneset.	Prickly Ash.
Peppermint.	Pennyroyal.
Wintergreen.	Mountain Mint.
Balm.	Gum Guaiacum.
Virginia Snake-root.	Dragon-claw Root, or Crawley
Hemlock Leaves.	Devil's Bit.
Sweet Balsam.	Blue Cardinal Flower.
Hyssop (Summer Savory).	Wild Marjoram.
Nungnaw, or Life-root.	Cleavers.
Fever Powder.	Warm Water.

STIMULANTS.

Capsicum.	May-weed
Cinnamon.	Wild Turnip.
Mustard.	Spikenard.
Origanum.	Wild Indigo.
Camphor.	Celandine.
Cloves.	Nutmeg.
Sassafras.	Pitch-pine.
Peppermint.	Seneca Snake-root.
Prickly-ash Bark and Berries.	Pennyroyal.
Wintergreen.	Wormwood.
Balm Blossoms.	Sweet Flag.

TONIC ARTICLES.

Capsicum.	Rose Willow.
Camomile.	Boneset.
Virginia Snake-root.	Gentian.

Gold Thread.	Golden-seal.
Ipecacuanha.	Elecampane.
Dogwood Bark and Blows.	Popple Bark.
Balm Gilead Buds.	Devil's Bit.
Calamba Root.	Rose Leaves.
Hoarhound.	Skull-cap.
Black Cherry Bark.	Bethroot.
White Oak Bark.	Wormwood.
Yellow Dock.	Blue Vervain.
Blood-root.	Sweet Fern.
Tansy.	Fumaria.
Ginseng.	Evan Root.
American Gentian.	Garden Rue (Old Man).
Blue Flag Root.	Greek Valerian.
Orange Peel.	Parsley.
Life-root (or Nungnaw).	Quinine.
Wa-ha-hoo.	

WORM REMEDIES.

Cowhage.	Pink.
Pumpkin Seeds.	Sage.
Skunk-cabbage.	Rock Brake.
Tag Elder Bark.	Sweet Fern.
Pitch-pine Gum.	Mugwort.
Mandrake Root.	Sweet Sicily.
Garlic.	Male Fern Root.
Wormwood.	Corsican Worm Seed.
Santonine.	Vervain (white).
Rock Brake.	Feverfew.
Gunpowder, Dose one tea- spoonful.	Indian Hemp.

EMMENAGOGUES.

Female Pills.	Black Snake-root.
Yarrow.	Hellebore Root.
Wintergreen.	Skunk-cabbage.
Feverfew (or Old Man).	Dandelion.

Colt's-foot Snake-root.	Pitch Pine.
Blue Cohosh.	Blood-root.
Mandrake.	Ipecac.
Boneset.	Centaury.
Tansy.	Balm.
Southern-wood.	Mugwort.
Fluid Extract Cotton Root.	Scabious.
Life-root.	Water Rushes.
Blue Flag.	Motherwort.
Pennyroyal.	Vervain Root.
Jerusalem Oak.	Winter Clover.
Partridge Berry.	Squaw Vine.

NARCOTICS.

Opium.	Coffee.
Laudanum.	Tobacco.
Morphine.	Lettuce.
Poppies.	

EMETIC ARTICLES.

Lobelia.	Wild Indigo.
Ipecac.	Gamboge.
Salt.	Bayberry Bark.
Mustard.	Dwarf Elder.
May-weed.	Betany.
Boneset.	Fever Powders.
Tobacco.	Camphor.
Go-quick.	

EXPECTORANT ARTICLES.

Whiteroot.	Black Cohosh.
Spikenard.	Wild Indigo.
Elecampane.	Almond Oil.
Hoarhound.	Tag Alder.
Anise Seed.	Canada.

Dill Seed.	Balsam Tolu.
Pitch-pine Gum.	Rock Brake.
Seneca Snake-root.	Bethroot.
Blood-root.	Sea Holly.
Comfrey.	Lungwort.
Sage.	Maiden-hair.
Slippery Elm.	St. John's Blows.
Mullein Blows.	Ground Ivy.
Vervain Root.	Striped Bloodwort.
Iceland Moss.	Wild or Tame Lettice.
Balm Gilead Buds.	Masterwort.
Man-in-the-Ground.	Scabious.
Sweet Sicily.	Garlic.
Greek Valerian.	Common Snake-root.
Life-root.	Liverwort.
Cowslip Root.	Skunk-cabbage.
Fever Powders.	Capsicum.
Lobelia.	

MUCILAGES.

Gum-arabic.	Slippery Elm.
Comfrey Root.	Sassafras Pith.
Gum Tragacanth.	Elecampane.
Putty Root.	Basswood Buds.

ARTICLES FOR POULTICE.

Slippery Elm.	Mustard.
Catnip.	Elder Bark.
Poke Root, Roasted.	Raw Potatoes.
Comfrey.	Cranberries.
Hop Yeast and Charcoal.	Henbane (Narcotic.)
Mullein Leaves.	Pond-lilly Root.
Smart-weed.	Rotten Apples.
Roasted Onions	

CHAPTER XI.

FEVERS IN GENERAL.

On this subject, I wish to put a whole volume in a nutshell. The idea of this kind and that kind of fever, this kind of treatment for this kind of fever, and that kind of treatment for that kind of fever, looks to me inconsistent. After twenty-five years of practice among fevers without losing a case, I have come to the firm conclusion that these several divisions are useless.

A fever is the result of certain causes, and by removing those causes the fever ceases, no matter what kind of fever it is called.

The direct causes are few. Anything that clogs up the system with offensive and irritating matter in the blood causes a fever, and causes the heart and nerves to hurry up their motion, and become active to try and throw it off, and clear the obstruction out of the way ; then, when done, all goes on regularly again. This state of excitement they call a fever. It depends altogether upon the class of obstruction and the strength of the several organs, to determine what or which class of them shall give up first in their struggle to throw it off. Hence, it may be called one kind of fever or another kind. The cause is nearly the same, and to cure it, let it be what kind it may, the organs that have first failed must receive our first attention for relief ; and by removing the cause the effect (the fever) ceases.

Who is so big a fool that he does not know that when the blood is perfectly pure and the pores of the skin perfectly open and soft, moist, and natural, that a fever cannot exist an hour—no, not even at all? Then when a fever is present what is to be done? No matter what kind, you need not call a doctor to decide whether it is this or that kind—it is a fever. Then remove the cause, and the fever will cease.

The general cause is biliousness, and stoppage of the pores of the skin for want of oil. Still there may be other causes, but the effects are similar though the symptoms vary. For instance, small-pox, scarlet fever, measles, and various rashes are caused by so many different kinds of living animalcules, or little animals in the blood. At a certain age they hatch out, and all are trying to get out at once. This causes a general rush to the surface, and the capillaries are crowded with them, and look red, and friction and a general nettle is the result. If you will open the door, and let them out at the right door, the skin, they will all go off peaceably about their business, and that is the end of it; but if you shut the door, and give irritating medicine, and keep them shut up in a state of excitement, like so many wild-cats, you will have a severe time of it, and somebody will suffer for the foolish experiment (called scientific). But it makes long and large doctor's bills, and helps to whiten the graveyard with marble. And does it not look strange that doctors cannot see the effect of this course of practice, or will not see it?

Many doctors must be honest, and would not willfully murder for the sake of a small bill (it amounts to that). But that struggle for a diploma has spoiled their judgment. The psychological impression of the all-important teachings of their preceptors from books must not be departed from; come life or come death, they must follow the books. If it kills ninety-nine patients in succession, the one-hundredth one gets the same dose. What person in any other business would do the like? None. He would be put in the insane asylum before he had killed one fourth that number.

You may call me harsh, but it requires harshness to attract attention to the evil, and awaken you from your slumbers to

an investigation of the facts. It is upon these that I rest for judgment.

Then let the reader try my course, and be thorough in every particular. And if you fail, then burn up my book, and call me anything you like, and ever afterwards call in a calomel quack that has a diploma. Get bled for every pain you are afflicted with. Let him keep you on a sick-bed for three months. Pay him well, and let him know it all, and you be his humble servant ever afterwards.

CAUSE OF FEVERS.

I need not be explicit in giving causes. Everybody who has had the least opportunity to notice mankind in general must be pretty well posted.

As before said, anything that prevents the secretion of oil in the skin, causing it to become dry and closed up, helps to cause a fever. Over-work, bad diet, exposure to damp air, unripe fruit, and moist, close, or impure air are some of the causes. Fever generally attacks those who have been bled, or have taken mercury. Irregularity, licentiousness, sudden transition from heat to cold, getting the feet or clothes wet, lying upon damp ground or beds, excessive fatigue, the effluvia from sick persons, poor ventilation, want of proper ventilation in sick-rooms, sudden check of perspiration, sitting in a draft of air, and a thousand other causes, like eating highly seasoned food—anything which tends to shut the valves of the skin, or to suppress the secretion of oil in the skin, tends directly to fever.

It is a well-known fact, and easily proved, that from five eighths to three fourths of all the aliment supplied to the system by food and drink does or should pass off through the skin every day of our lives. This being so, a seemingly small obstruction in the skin soon fills the system with many pounds of filth, to be lodged upon the internal organs. They in turn have their own peculiar class of matter to secrete and carry out of the system through their own channels, which is all they are prepared to do. Thus, under the above circumstances,

they become more or less irritated by this foreign matter, which they are not prepared to secrete and carry off. Thus they become tired out, and unable to do their work. If it is the kidneys, they will produce the disease of dropsy, inflammation of the kidneys and bladder, gravel, and all the diseases or symptoms peculiar to kidney diseases. If it is the lungs, then a cough, and all the diseases peculiar to an obstruction of the lungs. If the liver also gets clogged and filled with bile, which when inflamed it cannot discharge in upon the bowels to assist in digestion, and the motion of the bowels becomes slow, then follow costiveness, piles, colic, indigestion, and a general disturbance of everything in their line, producing many painful symptoms. And so on to the end of the chapter—a thousand symptoms, and many diseases arising from the general obstruction above described, generally producing a fever, with all the pains and aches common under these circumstances.

TREATMENT.

We will take the worst possible form and call it typhoid fever. Persons thus affected are almost always of a nervous temperament, and will keep around as long as possible before they will give up for treatment, and are most usually very bilious and very nervous. We will say the fever is firmly fixed upon him. What is the course to be pursued, and what the first thing to be done?—for I propose to break up the fever thoroughly in three to five days, and in eight or ten days to have him up and around, able to walk out.

I will first wash the patient from head to foot with warm sal-soda water, and rub dry; then bathe him in the same manner with the oil of butter or beef marrow, and rub it in well, and cover warm in bed. This opens the doors of the skin. Now, I take two parts of ipecac, and one of blood-root, both pulverized. (If very nervous and bilious, I sometimes put in one third lobelia.) To a heaping tablespoonful of this powder I put six tablespoonfuls of boiling water, and sweeten and stir up. I prepare a pint of lukewarm water; then give the patient a large tablespoonful of the emetic, and have him

drink all the lukewarm water he can get down. Note the time, and wait eight or ten minutes; then give him another spoonful of the emetic, and all he can drink again, and he will vomit without being sick at the stomach, and without pain. As soon as he has got his breath I give him another spoonful, and fill him up with lukewarm water again; and so on until he has had from three to five spells of vomiting, according to his strength, and the severity of the attack; then I fill him up with warm water, and stop giving the emetic, and wait one hour from the last spell of vomiting, to let his stomach settle and rest. I then give him a scrub-broom cathartic, composed of two parts pulverized senna, one part of jalap, and one twelfth part of cloves. Of this, to an adult I give a rounding teaspoonful of the powder in a half teacupful of boiling water, sweetened. This will operate in three to five hours, producing three or four stools, copiously rinsing him out well. I then leave a dozen fever powders of three to five grains each, composed of four parts supercarbonate of soda, two parts of camphor, and one part each of ipecac and blood-root. These powders are to be given every one to three hours, or often enough to produce a relaxation of the skin, and a moist sweat.

This constitutes the first day's treatment. The second day I do the same, no matter how many promises that the fever will give up and leave, for I know better. It may appear to go to the brain or lungs, etc., but no matter; but I continue every day alike until the third or fourth day, until I know it is thoroughly broken. Out of about one hundred cases of typhoid fever which I have treated, I never had a case to last me more than three days, with two exceptions, which lasted five days.

I give freely of warm sweating teas of catnip, etc., every day; and when the fever is broken I give of the wine tonic, golden seal, etc. I seldom if ever give quinine, and then but little; and in eight to ten days have them out walking about, the system free from medicine, no pain in the bones and muscles, and nothing to do but strengthen up and get well, which they are always sure to do in a very short time.

In less violent attacks I sometimes leave off the emetics, and find it needless to follow the fever up so closely as in typhoid cases; but the above constitutes my full treatment for fevers.

In scarlet fever and measles, after breaking out, I never give physic until all show is gone from the surface, and depend entirely on the washing and anointing process, with sweating teas of catnip, pennyroyal, balm, etc., with fever powders, until all sign of fever is gone; then I give a cathartic. With this course I have never had the least trouble to follow, as scarlatina, measles, ulcers, dropsy, cough, etc., which are so apt to follow in most kinds of practice.

Some doctors mistake fevers for local inflammation. Watch well for this, and don't be deceived. I have taken many cases which had been treated daily for fevers, and when I came to examine them, they had inflammation of the womb, ovaries, etc., and in many cases of children they had worms; but if you are careful you need not make this mistake. So look before you leap.

The above treatment covered a large share of my practice in Michigan, where I lived for over forty years. Going into the State in 1836, in May, I passed through the excessive miasmatic conditions of the country in its first settlement, while the timber was being cleared away, letting in the rays of the sun to the soil, and during the ditching and draining of swamp lands. Since then the lakes and all standing water over the State have settled by evaporation at least from five to six feet. Then everybody had a spring in a barrel sunk by the side of a marsh, where they supposed they were using wholesome water; while the fact was there was scarcely a wholesome drop of water in the State. This state of things has produced the worst possible form of bilious diseases.

The foregoing treatment covers most forms of disease generally found in the Western States.

As before said, if the skin is in good condition, performing its functions properly, and the system is clean and free from bile and impure matter floating in the blood, or lodged in the bowels and internal organs, then I ask, what possible excuse

is there for any one to be sick? He may be bit by a rattlesnake; he may have a tree fall upon him; he may have been roughly handled by an assassin—all of which may need the attendance of the physician; but what common cause for sickness generally, is there left for him to complain of? The causes will be few and far between.

There are diseases peculiar to contagion, most or all of which have been noticed, and their peculiar treatment given under their various heads; and by looking over the various formulas or recipes given, with their uses, and for the various diseases for which they are recommended, you will find a balm for every ill. Most of the remedies given for the restoration of the lost functions of nature work on the various organs or diseases for which they are recommended on general principles, and their recital here would be superfluous.



CHAPTER XII.

CONCLUSION.

When I commenced writing this book, some eight years ago, I thought of making it a treatise for the diseases of females and children only. When about three fourths done, business compelled me to abandon the work. But in these hard times business has been slack; and having a little time, I have been obliged to finish up now or never, as in a few weeks I shall be called to another and more important duty for the benefit of humanity, which I feel that I must obey, leaving many things, in the line of female diseases, which I would like to give my treatment upon, for which I cannot now spare the time, on account of the pressure of business of more importance.

However, I think the world will appreciate what has been said when it is understood. It has been written in a bold, plain manner, without the fear of friend or foe. I have made many statements in regard to many things which the world at large will consider new, especially that the system is composed entirely of *animalcula*, or living animals, which I can see, and which I firmly believe. My treatments are simple, and can do no harm, because they are all in harmony with nature; for if nature's laws are not violated, no harm can be done. I ask all to consider candidly what has been said, and to compare it with the known laws of nature.

I beg to apologize to the female sex for not saying more on their especial diseases; and I shall hope to see many of them

in the field of the practitioner. They can do much good from what has been said, if they will try and labor for their sex all they can; and you can if you will.

I have covered the ground of maternity, and of childhood up to puberty, as fully as I expected when I commenced. I then had to stop and copy off my recipes and number them, that I might refer to them by numbers. Since then, business of various kinds has prevented me from following out my first designs, and I am obliged to leave it here, hoping and believing that before this goes to print a fair and honorable excuse will be presented for my seemingly abrupt closing of this volume. With sincere and heartfelt thanks for what little I have been permitted to say in behalf of females and children, and their medical treatment generally, and hoping I have done some good, I must bid you adieu, with my best wishes.

Dr. E. Woodruff



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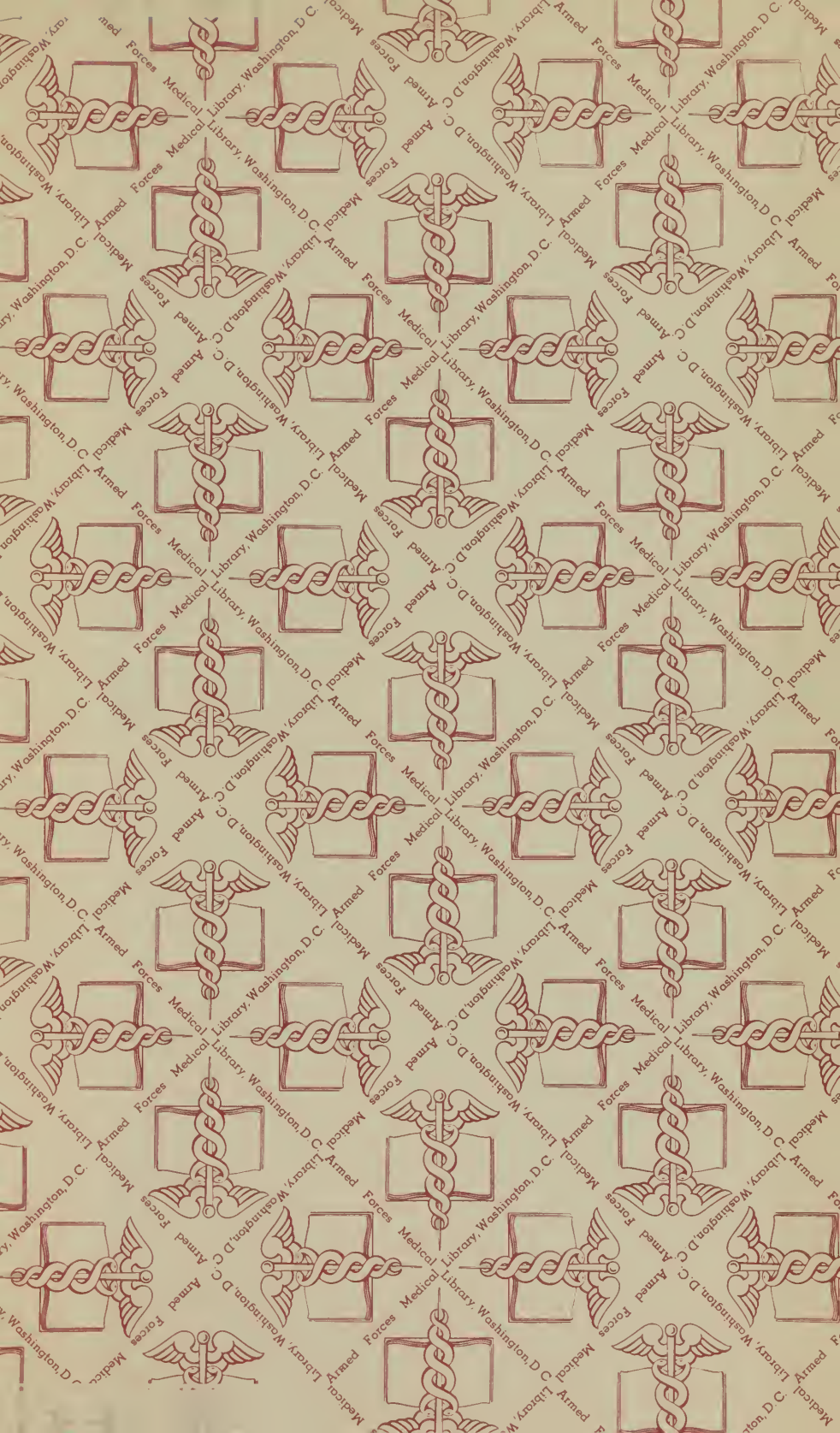
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